

For the 2021-2022 school year,
all students get free school
meals under an extended
federal program for Covid19



| Menu Subject to Change | | | | | JANUARY FOOD SERVICE MENU | | | | | 2022 | | | | |
|---|--|--|--|---|---------------------------|---|--|--|--|------|--|--|--|--|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | | | | | |
| 3 | | 4 | | 5 | | 6 | | 7 | | | | | | |
| Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC Alternate: Lunch bag Variety | | Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana Raisins Alternate: Lunch bag Variety | | Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Apple Juice Alternate: Lunch bag Variety | | BBQ Chicken Sandwich Corn Fresh Orange Peach Cup Alternate: Lunch bag Variety | | Cheese or Turkey Pep Pizza Fresh Carrots Applesauce Three Bean salad Fritos Alternate: Lunch bag Variety | | | | | | |
| 10 | | 11 | | 12 | | 13 | | 14 | | | | | | |
| Beef Meatball Sub, WG Hoagie Bun Mozzarella Cheese Fresh Carrots Fresh Broccoli Applesauce Cup Alternate: Lunch bag Variety | | Cheese or Turkey Pep Pizza Shredded Lettuce Fresh Carrots Applesauce Fresh Banana Fritos Alternate: Lunch bag Variety | | Sloppy Joe on WG Bun Corn Fresh Carrots Peach Cup Pasta Salad Alternate: Lunch bag Variety | | Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange Strawberry Cup BBQ Sauce PC Alternate: Lunch Bag Variety | | No School Staff Development | | | | | | |
| 17 | | 18 | | 19 | | 20 | | 21 | | | | | | |
| No School Birthday of Martin Luther King, Jr. | | French Toast & Turkey Sausage Fresh Carrots Fresh Cuke Coins Strawberry Cup Orange Juice Syrup PC Alternate: Lunch bag Variety | | Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Potato Salad Alternate: Lunch bag Variety | | Chicken Marinara, Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange Applesauce Cup Alternate: Lunch bag Variety | | Cheese or Turkey Pep Pizza Fresh Carrots Applesauce Three Bean salad Fritos Alternate: Lunch bag Variety | | | | | | |
| 24 | | 25 | | 26 | | 27 | | 28 | | | | | | |
| Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup Alternate: Lunch bag Variety | | BBQ Drumstick w/ Brown Rice Cornbread Fresh Carrots Fresh Banana Strawberry Cup Alternate: Lunch bag Variety | | Turkey w/ Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup Raisins Alternate: Lunch bag Variety | | Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple Alternate: Lunch bag Variety | | Cheese or Turkey Pep Pizza Fresh Carrots Applesauce Three Bean salad Chip Variety Alternate: Lunch bag Variety | | | | | | |
| 31 | | Feb 1 | | Feb 2 | | Feb 3 | | Feb 4 | | | | | | |
| No School Conference Prep | | Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce & Shredded Mozzarella Green Beans Fresh Banana Raisins Alternate: Lunch bag Variety | | Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Fresh Carrots Strawberry Cup Apple Juice Alternate: Lunch bag Variety | | BBQ Chicken Sandwich Corn Fresh Orange Peach Cup Alternate: Lunch bag Variety | | Bosco Sticks 6" w/ Marinara Fresh Carrots Fresh Apple Alternate: Lunch bag Variety | | | | | | |
| Monday Breakfast | | Tuesday Breakfast | | Wednesday Breakfast | | Thursday Breakfast | | Friday Breakfast | | | | | | |
| Assorted Muffin String Cheese or Sunflower Seeds 4 oz Juice Cup Fresh or Dried Fruit Milk Choice | | Breakfast Bar or Cereal String Cheese or Sunflower Seeds 4 oz Juice Cup Fresh or Dried Fruit Milk Choice | | Warm Bagel String Cheese or Sunflower Seeds 4 oz Juice Cup Fresh or Dried Fruit Milk Choice | | Breakfast Bar or Cereal String Cheese or Sunflower Seeds 4 oz Juice Cup Fresh or Dried Fruit Milk Choice | | Warm Pop Tart String Cheese or Sunflower Seeds 4 oz Juice Cup Fresh or Dried Fruit Milk Choice | | | | | | |
| MILK VARIETY SERVED AT EVERY MEAL 1% MILK, 1% CHOCOLATE MILK | | | | | | | | | | | | | | |
| ALL BREADS SERVED ARE WHOLE GRAIN. | | | | | | | | | | | | | | |
| Lancer Dining does not serve any products that contains pork, peanuts or peanut oil. All products are baked or steamed, never fried. | | | | | | | | | | | | | | |