

SECONDARY MENU

JANUARY 2022

MONDAY 1/3/22		TUESDAY 1/4/22		WEDNESDAY 1/5/22		THURSDAY 1/6/22		FRIDAY 1/7/22						
BREAKFAST														
CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Maple Beef Sausage Pancake Sandwich	143	16	Yogurt & Oatmeal Bar	220	15-23	Turkey Ham Cheese on Hawaiian Bun	186	27	Beef & Cheese Mini Bagel	235	27	Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33
Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20
LUNCH														
FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20														
CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Spicy Chicken Bites w/ Cheesy Spinach, Salsa, Roll	434	39	Chicken Drumstick w/Mashed Potatoes, Roll	415/485	50/65	New Orleans Chicken w/Rice	493	75	Southwest Chicken Power Bowl	635	90	Nachos w/Salsa~	499	48
Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37	Veggie Power Bowl	581	89	Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37
Hamburger or Cheeseburger	319/337	29/30	Chicken /Spicy Chicken Sandwich	340/342	37	Hot Dog+ on Bun	270	28	Hamburger or Cheeseburger	319/337	29/30	Chicken/Spicy Chicken Sandwich	340/342	37
Stuffed Crust Pizza Cheese or Pepperoni	320/365	36	Round Pizza, Cheese or Pepperoni	310/355	31	Cheese Crunchers w/Marinara Sauce	433	48	Stuffed Crust Pizza, Cheese or Pepperoni	320/365	36	Round Pizza, Cheese or Pepperoni	310/355	31
Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45
Chili Soup	182	27	Tomato Soup	155	23	Chicken Ancient Grains Soup	149	22	Butternut Squash Soup ^V	324	36	Chili Soup	182	27
Baby Carrots w/Ranch	35/55	8/3	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Ranchero Beans	185	29	Baby Carrots w/Ranch	35/55	8/3	Cucumber Coins	19	4
Seasoned Potatoes	140	25	Baked Fries	110	17	Crinkle Cut Potatoes	110	15	Baked Fries	110	17	Baked Fries	110	17
Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^V Vegan														

Other daily entrée choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit, yogurt and granola parfait. Please check with your school cafeteria manager for your options. Please check the website for menu changes in the event of a change to the school schedule.

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SECONDARY MENU

JANUARY 2022

MONDAY 1/10/22		TUESDAY 1/11/22		WEDNESDAY 1/12/22		THURSDAY 1/13/22		FRIDAY 1/14/22						
BREAKFAST														
CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Maple Beef Sausage Pancake Sandwich	143	16	Yogurt & Oatmeal Bar	220	15-23	Turkey Ham Cheese on Hawaiian Bun	186	27	Beef & Cheese Mini Bagel	235	27	Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33
Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20
LUNCH														
FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20														
CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Mac & Cheese w/Chicken Bites and Dinner Rolls	464/534	45/60	BBO Pulled Chicken Sandwich	274	35	Chicken Dumplings & Veggie Bowl	530	80	Grilled Cheese Sandwich	681	78	Bacon* Cheeseburger	499	48
Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37	Veggie Power Bowl	581	89	Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37
Chicken /Spicy Chicken Sandwich	340/342	37	Hamburger or Cheeseburger	319/337	29/30	Hot Dog+ on Bun	270	28	Hamburger or Cheeseburger	319/337	29/30	Chicken /Spicy Chicken Sandwich	340/342	37
Stuffed Crust Pizza, Cheese or Pepperoni	320/365	36	Round Pizza, Cheese or Pepperoni	310/355	31	Cheese Crunchers w/Marinara Sauce	433	48	Stuffed Crust Pizza, Cheese or Pepperoni	320/365	36	Round Pizza, Cheese or Pepperoni	310/355	31
Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45
Chili Soup	182	27	Butternut Squash Soup ^V	324	36	Cheesy Corn Chowder	172	26	Tomato Soup	155	23	Chili Soup	182	22
Baby Carrots w/Ranch	35/55	8/3	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Roasted Broccoli	70	5	Baby Carrots w/Ranch	35/55	8/3	Ranchero Beans	185	29
Baked Fries	110	17	Roasted Corn	107	19	Side Salad	19	4	Garlic & Herb Broccoli	70	5	Crinkle Cut Potatoes	110	15
												Side Salad	19	4

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^VVegan

Other daily entrée choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit, yogurt and granola parfait. Please check with your school cafeteria manager for your options. Please check the website for menu changes in the event of a change to the school schedule.

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SECONDARY MENU

JANUARY 2022

MONDAY 1/17/22		TUESDAY 1/18/22		WEDNESDAY 1/19/22		THURSDAY 1/20/22		FRIDAY 1/21/22			
BREAKFAST											
HOLIDAY No School		CAL	CARB		CAL	CARB		CAL	CARB		
	Yogurt & Oatmeal Bar	220	15-23	Turkey Ham Cheese on Hawaiian Bun	186	27	Beef & Cheese Mini Bagel	235	27		
	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13		
	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33		
	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20		
LUNCH											
FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20											
HOLIDAY No School		CAL	CARB		CAL	CARB		CAL	CARB		
	Cheese Enchiladas	341	29	New Orleans Chicken w/Rice	493	75	Chicken Drumstick w/Mashed Potatoes, Roll	415/485	50/65		
	Veggie Burger on Bun ^V	280	37	Veggie Power Bowl	581	89	Chik'n Nuggets w/Rolls ^V	387	55		
	Chicken /Spicy Chicken Sandwich	340/342	37	Hot Dog+ on Bun	270	28	Hamburger or Cheeseburger	319/337	29/30		
	Round Pizza, Cheese or Pepperoni	310/355	31	Cheese Crunchers w/Marinara Sauce	433	48	Stuffed Crust Pizza, Cheese or Pepperoni	320/365	36		
	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45		
	Butternut Squash Soup ^V	324	36	Cheesy Corn Chowder	172	26	Tomato Soup	155	23		
	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Roasted Broccoli	70	5	Baby Carrots w/Ranch	35/55	8/3		
	Roasted Corn	107	19	Side Salad	19	4	Garlic & Herb Broccoli	70	5		
										182	27
										19	4
										110	17

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SECONDARY MENU

JANUARY 2022

MONDAY 1/24/22	TUESDAY 1/25/22	WEDNESDAY 1/26/22	THURSDAY 1/27/22	FRIDAY 1/28/22								
BREAKFAST												
PROFESSIONAL DAY No School		CAL CARB		CAL CARB		CAL CARB		CAL CARB				
	Yogurt & Oatmeal Bar	220	15-23	Turkey Ham Cheese on Hawaiian Bun	186	27	Beef & Cheese Mini Bagel	235	27	Cinnamon Roll	232	38
	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33
	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20
LUNCH												
FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20												
PROFESSIONAL DAY No School		CAL CARB		CAL CARB		CAL CARB		CAL CARB				
	BBO Pulled Chicken Sandwich	274	35	Chicken Dumplings & Veggie Bowl	530	80	Grilled Cheese Sandwich	681	78	Bacon* Cheeseburger	499	48
	Veggie Burger on Bun ^V	280	37	Veggie Power Bowl	581	89	Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37
	Hamburger or Cheeseburger	319/337	29/30	Hot Dog+ on Bun	270	28	Hamburger or Cheeseburger	319/337	29/30	Chicken /Spicy Chicken Sandwich	340/342	37
	Round Pizza, Cheese or Pepperoni	310/355	31	Cheese Crunchers w/Marinara Sauce	433	48	Stuffed Crust Pizza, Cheese or Pepperoni	320/365	36	Round Pizza, Cheese or Pepperoni	310/355	31
	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45
	Butternut Squash Soup ^V	324	36	Cheesy Corn Chowder	172	26	Tomato Soup	155	23	Chili Soup	182	22
	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Roasted Broccoli	70	5	Baby Carrots w/Ranch	35/55	8/3	Cucumber Coins	19	4
	Roasted Corn	107	19	Side Salad	19	4	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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SECONDARY MENU

JANUARY/FEBRUARY 2022

MONDAY 1/31/22		TUESDAY 2/1/22		WEDNESDAY 2/2/22		THURSDAY 2/3/22		FRIDAY 2/4/22						
BREAKFAST														
CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Maple Beef Sausage Pancake Sandwich	143	16	Yogurt & Oatmeal Bar	220	15-23	Turkey Ham Cheese on Hawaiian Bun	186	27	Beef & Cheese Mini Bagel	235	27	Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33	Fruit	20-127	7-33
Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20	Milk	90-120	13-20
LUNCH														
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CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB	CAL	CARB					
Spicy Chicken Bites w/Cheesy Spinach, Salsa, Roll	434	39	Cheese Enchiladas	341	29	New Orleans Chicken w/Rice	493	75	Chicken Drumstick w/Mashed Potatoes, Roll	415/485	50/65	Nachos w/Salsa~	499	48
Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37	Veggie Power Bowl	581	89	Chik'n Nuggets w/Rolls ^V	387	55	Veggie Burger on Bun ^V	280	37
Hamburger or Cheeseburger	319/337	29/30	Chicken /Spicy Chicken Sandwich	340/342	37	Hot Dog+ on Bun	270	28	Hamburger or Cheeseburger	319/337	29/30	Chicken/Spicy Chicken Sandwich	340/342	37
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Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45	Cold Sub/Sandwich	241/377	31/45
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Baby Carrots w/Ranch	35/55	8/3	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Roasted Broccoli	70	5	Baby Carrots w/Ranch	35/55	8/3	Cucumber Coins	19	4
Baked Fries	110	17	Roasted Corn	107	19	Side Salad	19	4	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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