

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread

Choice of Milk - 1% white, and fat-free chocolate



Weekly Vegetable Subgroups May Include:

Dark green - spinach, broccoli, romaine and spring salad

Red/Orange - carrots, sweet potatoes, tomatoes, red peppers

Beans/Peas

Starchy - white potatoes, corn, and lima beans

Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

LEAVE YOUR LUNCHBOX AT HOME!

DAILY ALTERNATES.

Daily entrée options may include:
Sunbutter and Jelly on WG Sliced Bread,
Gluten free alternative
WG= Whole Grain

Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!

Lunch Prices
Student \$0.00
Adult \$0.00


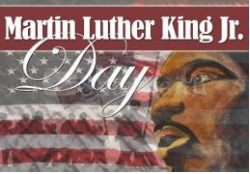
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MHY Family Services January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Holiday Break</p> <p>No School!</p>	<p>2</p> <p>Holiday Break</p> <p>No School!</p>	<p>3</p> 	<p>4</p> <p>Breakfast</p> <p>Blueberry Muffin or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Chicken Pot Pie Tuna Melt Sandwich Roasted Sweet Potatoes Choice of Fruit Veggie and Milk</p>	<p>5</p> <p>Breakfast</p> <p>Breakfast on a Stick or Cereal Apple or Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Cheese Pizza Sticks w/ Marinara Turkey Bacon Melt Mixed Veggies Choice of Fruit Veggie and Milk</p>
<p>6</p> <p>Breakfast</p> <p>Pancakes w/ Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Toasted Cheese Ranch Chicken Sandwich Tomato Soup and Green Beans Choice of Fruit Veggie and Milk</p>	<p>7</p> <p>Breakfast</p> <p>Breakfast Pizza or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Chicken Burrito Walking Taco Buttered Corn Choice of Fruit Veggie and Milk</p>	<p>8</p> <p>Breakfast</p> <p>Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Dino Nuggets w/ Dinner Roll Cheeseburger Macaroni Brussel Sprouts Choice of Fruit Veggie and Milk</p>	<p>9</p> <p>Breakfast</p> <p>Blueberry Breakfast Muffin or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Spicy Chicken Sandwich Roast Beef and Cheddar Sandwich Tator Tots Choice of Fruit Veggie and Milk</p>	<p>10</p> <p>Breakfast</p> <p>WG Donuts or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Pizza Day!! Pepperoni or Cheese French Bread Pizza and Broccoli Choice of Fruit Veggie and Milk</p>
<p>13</p> <p>Breakfast</p> <p>French Toast w/ Syrup or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Stuffed Shells Italian Chicken Sandwich Garlic Asparagus Choice of Fruit Veggie and Milk</p>	<p>14</p> <p>Breakfast</p> <p>Breakfast Pizza or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Meatball Hoagie Chicken Quesadilla Pizza Corn on the Cobb Choice of Fruit Veggie and Milk</p>	<p>15</p> <p>Breakfast</p> <p>Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Ham and Cheese Pretzel Buffalo Chicken Tenders w. Goldfish Crackers and Dilled Carrots Choice of Fruit Veggie and Milk</p>	<p>16</p> <p>Breakfast</p> <p>Egg and Cheese Sandwich or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Beef Lasagna w/ Diner Roll Chicken Patty with Cheese Broccoli Casserole Choice of Fruit Veggie and Milk</p>	<p>17</p> <p>Breakfast</p> <p>Breakfast on a Stick or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Pierogis w/ Cheese, Bacon and Onion Fish Sandwich Cheesy Veggies Choice of Fruit Veggie and Milk</p>
<p>20</p> 	<p>21</p> <p>Breakfast</p> <p>Breakfast Pizza or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Beef Taco Corn Dog Sweet Corn Choice of Fruit Veggie and Milk</p>	<p>22</p> <p>Breakfast</p> <p>Cream Cheese Bagel or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Salisbury Steak w/ Gravy Roasted Chicken Ranch Potatoes Choice of Fruit Veggie and Milk</p>	<p>23</p> <p>Breakfast</p> <p>Egg and Cheese Sandwich or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Beef Ravioli w/ Sauce BBQ Ham Sandwich Broccoli Choice of Fruit Veggie and Milk</p>	<p>24</p> <p>Breakfast</p> <p>WG Donuts or Cereal Apple and Apple Juice 1% White or Skim Milk</p> <p>Lunch</p> <p>Ham and Cheese Pretzel Stuffed Crust Pizza Mixed Veggies Choice of Fruit Veggie and Milk</p>