

JANUARY, 2021 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
January 4, 2021	January 5, 2021	January 6, 2021	January 7, 2021	January 8, 2021
BREAKFAST: Bagels (1each) Pears (1/2 c)	BREAKFAST: Muffins (1 each) Pineapple (1/2c)	BREAKFAST: Oatmeal (1/2c) Peaches (1/2 C)	BREAKFAST: Yogurt (1each) Mixed Fruit (1/2c)	BREAKFAST: Breakfast Squares 1 each Applesauce (1/2 c)
LUNCH: Meatballs (1/2c) or Grilled Chicken Sand. (2 oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Pears (1/2 c)	LUNCH: Taco Shell (1 shell:2 shell) Taco Meat (2oz) or Deli Turkey Sand. (3.4oz) on WG Bun (1) Shred Cheese 1/2oz Nacho(1oz chip/1oz cheese) Refried Beans (1/4 c) WK Corn (1/4c / 1/2 c) Lettuce: Romaine/iceberg Pineapple (1/2c)	LUNCH: Chicken Patty (2oz) or Hamburger (2oz) Tatar Tots (3oz/5oz) Veggie Beans (1/2c) Green Beans (1/2 C) Fresh Veggie Tray (1/2 c) Peaches (1/2 C) Spicy Apples (1/4c)	LUNCH: Tomato or Chicken Soup Hot Dog (2 oz) Toasted Cheese (1 each) Hash Browns (1/2c) Peas (1/4c - 1/2c) Fresh Veggie Tray (1/2c) Crackers (2pk) Mixed Fruit (1/2c)	LUNCH: Pizza Dippers (2oz) or Pulled Pork (2oz) Au Gratin Potatoes (1/2c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Marinara Sauce (1/4c) Applesauce (1/2 c)

Monday	Tuesday	Wednesday	Thursday	Friday
January 11, 2021	January 12, 2021	January 13, 2021	January 14, 2021	January 15, 2021
BREAKFAST: Egg, Ham & Cheese Bake (1/2c) Pears (1/2 c)	BREAKFAST: Muffins (1 each) Applesauce (1/2 c)	BREAKFAST: Cinnamon Rolls (2 each) Mandarin Oranges (1/2c)	BREAKFAST: Yogurt (1each) Peaches (1/2 C)	BREAKFAST: French Toast Sticks (4sticks) Strawberries (1/2c)
LUNCH: Mini Corn Dogs (5) or Chicken Fried Steak 1) Mashed Potatoes (1/2c) or Rice (1/2c) Peas or Carrots (1/2c) Fresh Veggie Tray (1/2 c) Pears (1/2 c)	LUNCH: Baked Ziti (1/2c / 3/4c) or Hamburger (2oz) Garlic Toast (1 slice-2 slice) W. K. Corn (1/4c / 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)	LUNCH: Chicken Nuggets (2oz) or Brat (2 oz) on W.G. Bun (1) Tri-Tatars (2oz/4oz) or Baked Potatoes (1/2c.) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Mandarin Oranges (1/2c)	LUNCH: Chili (8oz/10oz) or Hot Dog (2oz) French Fries (1/4c /1/2c) Veggie Beans (1/4 c) Dk. Gr. Lettuce Salad (1/4c) Shredded Cheese (1/2oz) Fresh Veggie Tray (1/4 c) Peaches (1/2 C)	LUNCH: Fish sticks (1.5oz./3oz.)or BBQ Rib Patty (2oz) Buttered Noodles (1/2c) Cabbage Salad (1/4c) Green Beans (1/2 c) Fresh Veggie Tray (1/2 c) Strawberries (1/2c) Mixed Berries (1/2c)

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Monday	Tuesday	Wednesday	Thursday	Friday
January 18, 2021	January 19, 2021	January 20, 2021	January 21, 2021	January 22, 2021
BREAKFAST: Bagels (1each) Pineapple (1/2c)	BREAKFAST: Muffins (1 each) Peaches (1/2 c)	BREAKFAST: Oatmeal (1/2c) Pears (1/2 c)	BREAKFAST: Yogurt Parfait (1each) Tropical Fruit (1/2 c)	BREAKFAST: Egg, Ham & Cheese on Muffin Applesauce (1/2 c)
LUNCH: Quesadilla (1each) or Deli Turkey Sandwich (2oz) Spanish Rice (1/2c) Green Beans (1/4c/ 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Pineapple (1/2c)	LUNCH: Salisbury Steak (2oz) or BBQ Rib (2oz) WG Buns (1) Smiles (3oz / 5oz) Peas or Carrots (1/2c) Fresh Veggie Tray (1/2 c) Peaches (1/2 c) Pudding Cups (1 each)	LUNCH: Ravioli (1 cup) or Grilled Chicken Sand. (2 oz) Breadsticks (1oz/2oz) WK Corn (1/4c / 1/2 c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2c) Pears (1/2 c)	LUNCH: Subs Lunch Meat (1oz; 1.5 oz) Cheese Slices (.5 oz / 1 oz) Scallop Potatoes (1/2 c) Cream Corn (1/4 c/1/2c) Lettuce/Tomato (1/4 C) Tropical Fruit (1/2 c)	LUNCH: Pizza (1 slice) or Assorted Sandwiches (1each) Hash Browns (1/2 c) Veggie Beans (1/2c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/4c) Applesauce (1/2 c)

Monday	Tuesday	Wednesday	Thursday	Friday
January 25, 2021	January 26, 2021	January 27, 2021	January 28, 2021	January 29, 2021
BREAKFAST: Pancakes (2each) Mixed Fruit (1/2c)	BREAKFAST: Muffins (1 each) Pears (1/2 c)	BREAKFAST: Egg, Ham & Cheese Bake 1/2c Pineapple (1/2c)	BREAKFAST: Yogurt (1each) Applesauce (1/2 c)	BREAKFAST: French Toast Sticks (4sticks) Strawberries (1/2c)
LUNCH: Chicken Wrap (1;2) or or Hamburger (2oz) Nacho(1oz. Chip/cheese) Refried Beans (1/4 c) WK Corn (1/4c / 1/2 c) Shred Cheese 1/2oz Dk Gr Shredd. lettuce (1/8c) Mixed Fruit (1/2c)	LUNCH: Hot Pork & Gravy (2oz)or BBQ Rib Patty (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Pears (1/2 c)	LUNCH: Cheesy Potato & Ham Soup Hot Dog (2oz) or Breaded Pork Chop (2oz) Hash Browns (1/2 c) Peas or Carrots (1/2c) Fresh Veggie Tray (1/2 c) Pineapple (1/2c)	LUNCH: Pulled Pork (2oz)or Cheddarwurst (2oz) W.G. Buns Wedge Fries (1/2c) Veggie Beans (1/2 c) Green Beans (1/4c/ 1/2 c) Fresh Veggie Tray (1/2 c) Applesauce (1/2 c)	LUNCH: Pizza Dippers (2oz) Or Pulled Pork (2oz) AuGratin Potatoes (1/2c) Marinara Sauce(1/4c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Strawberries (1/2c)

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