

## JANUARY, 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
January 3, 2022	January 4, 2022	January 5, 2022	January 6, 2022	January 7, 2022
<b>BREAKFAST:</b> Bagels (1each) Pears (1/2 c)	<b>BREAKFAST:</b> Muffins (1 each) Pineapple (1/2c)	<b>BREAKFAST:</b> Oatmeal (1/2c) Peaches (1/2 C)	<b>BREAKFAST:</b> Yogurt (1each) Mixed Fruit (1/2c)	<b>BREAKFAST:</b> French Toast Sticks (4sticks) Strawberries (1/2c)
<b>LUNCH:</b> Meatballs (1/2c) or Cheddarwurst (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Pears (1/2 c)	<b>LUNCH:</b> Chicken Patty (2oz) or Hamburger (2oz) Buttered Noodles (1/2c) Veggie Beans (1/2c) Green Beans (1/2 C) Pineapple (1/2c) Spicy Apples (1/4c)	<b>LUNCH:</b> 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 Peaches (1/2 C)	<b>LUNCH:</b> 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)	<b>LUNCH:</b> 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) Strawberries (1/2c)
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
January 10, 2022	January 11, 2022	January 12, 2022	January 13, 2022	January 14, 2022
<b>BREAKFAST:</b> Egg, Ham & Cheese Bake (1/2c) Pears (1/2 c)	<b>BREAKFAST:</b> Muffins (1 each) Pineapple (1/2c)	<b>BREAKFAST:</b> Cinnamon Rolls (2 each) Mandarin Oranges (1/2c)	<b>BREAKFAST:</b> Yogurt (1each) Peaches (1/2 C)	<b>BREAKFAST:</b> Breakfast Squares (1pc) Applesauce (1/2 c)
<b>LUNCH:</b> 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)	<b>LUNCH:</b> Chicken Alfredo (1/2c / 3/4c) or Hamburger (2oz) Garlic Toast (1 slice-2 slice) Broccoli (1/4c-1/2c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2 c) Pineapple (1/2c)	<b>LUNCH:</b> Popcorn Chicken. (2oz) or Brat (2 oz) on W.G. Bun (1) Tri-Tatars (2oz/4oz) or Baked Potatoes (1/2c.) W. K. Corn (1/4c / 1/2 c) Mandarin Oranges (1/2c)	<b>LUNCH:</b> 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)	<b>LUNCH:</b> 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) Applesauce (1/2 c)

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.  
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.

# JANUARY, 2022 MENU

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
January 17, 2022	January 18, 2022	January 19, 2022	January 20, 2022	January 21, 2022
<b>BREAKFAST:</b> Bagels (1each) Pineapple (1/2c)	<b>BREAKFAST:</b> Muffins (1 each) Peaches (1/2 c)	<b>BREAKFAST:</b> Breakfast Buritito (1 each) Pears (1/2 c)	<b>BREAKFAST:</b> Yogurt Parfait (1each) Tropical Fruit (1/2 c)	<b>BREAKFAST:</b> Waffles (1 each) Applesauce (1/2 c)
<b>LUNCH:</b> Quesadilla (1each) or Pizza Burger (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)	<b>LUNCH:</b> Salisbury Steak (2oz) or Deli Turkey Sand. (3.4oz) WG Buns (1) Tator tots (3oz / 5oz) Peas or Carrots (1/2c) Fresh Veggie Tray (1/2 c) Peaches (1/2 c) Pudding Cups (1 each)	<b>LUNCH:</b> 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)	<b>LUNCH:</b> 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)	<b>LUNCH:</b> Hot Dog (2oz) or Hamburger (2oz) WG Buns (1) Mac & Cheese (1/2c-3/4c) Veggie Beans (1/2 c) Fresh Veggie Tray (1/4 c) Applesauce (1/2 c)

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
January 24, 2022	January 25, 2022	January 26, 2022	January 27, 2022	January 28, 2022
<b>BREAKFAST:</b> <b>NO SCHOOL</b>	<b>BREAKFAST:</b> Muffins (1 each) Pears (1/2 c)	<b>BREAKFAST:</b> Egg, Ham & Cheese Bake 1/2c Pineapple (1/2c)	<b>BREAKFAST:</b> Yogurt (1each) Applesauce (1/2 c)	<b>BREAKFAST:</b> French Toast Sticks (4sticks) Strawberries (1/2c)
<b>LUNCH:</b> <b>NO SCHOOL</b>	<b>LUNCH:</b> Chicken Wrap (1;2) or or Brat (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) Pears (1/2 c)	<b>LUNCH:</b> Spaghetti w/ Meat Sauce ( 5/8c) or Hamburger (2oz) Garlic Toast (1slice/2 slices) Green Beans (1/2c) Dk. Gr. Lettuce Salad (1/4c) Fresh Veggie Tray (1/2c) Pineapple (1/2c)	<b>LUNCH:</b> Beef Stew (8oz/10 oz) or Breaded Pork Chop (2oz) Mashed Potatoes (1/2c) or Rice (1/2c) Broccoli (1/4c-1/2c) Cauliflower (1/4c-1/2c) Applesauce (1/2 c)	<b>LUNCH:</b> 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) Strawberries (1/2c)

LENA PUBLIC SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.  
ALL MENUS ARE SUBJECT TO CHANGE AT ANY TIME.