


JANUARY, 2024

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 1, 2024	January 2, 2024	January 3, 2024	January 4, 2024	January 5, 2024
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
	Pancake Puffs(1/2c)	Muffins (1 each)	Yogurt (1each)	French Toast Sticks (4sticks)
	Pears (1/2 c)	Pineapple (1/2c)	Mixed Fruit (1/2c)	Strawberries (1/2c)
	LUNCH:	LUNCH:	LUNCH:	LUNCH:
	Mini Corn Dogs (5) or Chicken Fried Steak 1)	Chicken Patty (2oz) or Brat (2oz)	Taco Shell (1 shell:2 shell)	Pizza Dippers (2oz) or Pulled Pork (2oz)
	Mashed Potatoes (1/2c) or Rice (1/2c)	Buttered Noodles (1/2c)	Deli Turkey Sand. (3.4oz) on WG Bun (1)	Au Gratin Potatoes (1/2c)
	Broccoli (1/4c-1/2c)	Peas (1/4c - 1/2c)	Shred Cheese 1/2oz	Veggie Beans (1/4 c)
	Cauliflower (1/4c-1/2c)	Carrots (1/4c - 1/2c)	Nacho(1oz chip/1oz cheese)	Marinara Sauce (1/4c)
	Pears (1/2 c)	Spicy Apples (1/4c)	Refried Beans (1/4 c)	Dk. Gr. Lettuce Salad (1/4c)
		Pineapple (1/2c)	WK Corn (1/4c / 1/2 c)	Fresh Veggie Tray (1/2 c)
			Lettuce: Romaine/iceberg	Strawberries (1/2c)
			Mixed Fruit (1/2c)	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 8, 2024	January 9, 2024	January 10, 2024	January 11, 2024	January 12, 2024
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Egg, Ham & Cheese Bake (1pc)	Muffins (1 each)	Cinnamon Rolls (2 each)	Yogurt (1each)	Breakfast Squares (1pc)
Pears (1/2 c)	Pineapple (1/2c)	Mandarin Oranges (1/2c)	Peaches (1/2 C)	Applesauce (1/2 c)
LUNCH:	LUNCH:	LUNCH:	LUNCH:	LUNCH:
Swedish Meatballs (2oz) or Grilled Chicken Sand. (2 oz)	Tomato or Chicken Soup	Popcorn Chicken (2oz) or Brat (2 oz)	Chicken Alfredo (1/2c / 3/4c) or Hamburger (2oz)	Fish sticks (1.5oz./3oz.)or BBQ Rib Patty (2oz)
Mashed Potatoes (1/2c) or Rice (1/2c)	Cheddarwurst (2 oz)	on W.G. Bun (1)	Garlic Toast (1 slice-2 slice)	Buttered Noodles (1/2c)
Green Beans (1/2c)	Toasted Cheese (1 each)	Tri-Tatars (2oz/4oz)	Broccoli (1/4c-1/2c)	Cabbage Salad (1/4c)
Fresh Veggie Tray (1/2 c)	Hash Browns (1/2c)	or Baked Potatoes (1/2c.)	Dk. Gr. Lettuce Salad (1/4c)	Brussel Sprouts (1/2 c)
Pears (1/2 c)	Veggie Beans (1/4 c)	W. K. Corn (1/4c / 1/2 c)	Fresh Veggie Tray (1/2 c)	Fresh Veggie Tray (1/2 c)
	Dk. Gr. Lettuce Salad (1/4c)	Mandarin Oranges (1/2c)	Peaches (1/2 C)	Applesauce (1/2 c)
	Fresh Veggie Tray (1/2c)			
	Crackers (2pk)			
	Pineapple (1/2c)			

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

JANUARY, 2024

MENU

January 15, 2024	January 16, 2024	January 17, 2024	January 18, 2024	January 19, 2024
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
Bagels (1each)	Muffins (1 each)	Tator Tot Breakfast Casserole	Yogurt Parfait (1each)	Waffles (1 each)
Pineapple (1/2c)	Peaches (1/2 c)	Pears (1/2 c)	Mixed Fruit (1/2 c)	Applesauce (1/2 c)
LUNCH:	LUNCH:	LUNCH:	LUNCH:	LUNCH:
Quesadilla (1each) or	Salisbury Steak (2oz) or	Chili (8oz/10oz) or	Subs	Ravioli (1 cup) or
Pizza Burger (2oz)	Deli Turkey Sand. (3.4oz)	Hot Dog (2oz)	Lunch Meat (1oz; 1.5 oz)	Grilled Chicken Sand. (2 oz)
Spanish Rice (1/2c)	WG Buns (1)	French Fries (1/4c /1/2c)	Cheese Slices (.5 oz / 1 oz)	Breadsticks (1oz/2oz)
Green Beans (1/4c/ 1/2 c)	Smiles (1/2c)	Veggie Beans (1/4 c)	Scallop Potatoes (1/2 c)	W. K. Corn (1/4c / 1/2 c)
Dk. Gr. Lettuce Salad (1/4c)	Peas or Carrots (1/2c)	Dk. Gr. Lettuce Salad (1/4c)	Cream Corn (1/4 c/1/2c)	Dk. Gr. Lettuce Salad (1/4c)
Fresh Veggie Tray (1/2 c)	Fresh Veggie Tray (1/2 c)	Shredded Cheese (1/2oz)	Lettuce/Tomato (1/4 C)	Fresh Veggie Tray (1/2c)
Pineapple (1/2c)	Peaches (1/2 c)	Fresh Veggie Tray (1/4 c)	Cheese Slices (.5 oz / 1 oz)	Applesauce (1/2 c)
	Pudding Cups (1 each)	Pears (1/2 c)	Mixed Fruit (1/2 c)	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 22, 2024	January 23, 2024	January 24, 2024	January 25, 2024	January 26, 2024
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
NO SCHOOL	Muffins (1 each)	Egg, Ham & Cheese Bake (1pc)	Yogurt (1each)	French Toast Sticks (4sticks)
	Pears (1/2 c)	Pineapple (1/2c)	Applesauce (1/2 c)	Strawberries (1/2c)
	LUNCH:	LUNCH:	LUNCH:	LUNCH:
	Hot Dog (2oz) or	Chicken Wrap (1;2) or	Chicken Stir Fry (8oz/10 oz) or	Pizza (1 slice) or
	Hamburger (2oz)	Deli Ham Sand. (3.4oz)	BBQ Rib Patty (2oz)	Assorted Sandwiches (1each)
	WG Buns (1)	Nacho(1oz. Chip/cheese)	Mashed Potatoes (1/2c)	Hash Browns (1/2 c)
	Mac & Cheese (1/2c-3/4c)	Refried Beans (1/4 c)	or Rice (1/2c)	Dk. Gr. Lettuce Salad (1/4c)
	Veggie Beans (1/2 c)	WK Corn (1/4c / 1/2 c)	Broccoli (1/4c-1/2c)	Fresh Veggie Tray (1/4c)
	Fresh Veggie Tray (1/4 c)	Shred Cheese 1/2oz	Cauliflower (1/4c-1/2c)	Strawberries (1/2c)
	Pears (1/2 c)	Dk Gr Shred. lettuce (1/8c)	Applesauce (1/2 c)	
		Pineapple (1/2c)		



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