



JANUARY | 2022

MEHP Primary Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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| <p>3 No School: Winter Break</p> | <p>4 No School: Winter Break</p> | <p>5 WGR Chicken Sandwich/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup</p> | <p>6 Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges/ Milk 1 Cup</p> | <p>7 Turkey & Cheese Roll Up on Whole Grain Tortilla Sweet Potato Fries Fresh Apple Garden Salad</p> |
| <p>10 Milk 1 cup Oven Baked Chicken/ Diced Carrots/ Peaches/ Brown Rice/Milk 1 cup</p> | <p>11 Beef Tacos/ Refried Beans / Mandarin Oranges/ Taco Trimming/ Milk 1 cup</p> | <p>12 Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup</p> | <p>13 Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup</p> | <p>14 100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges/ Milk 1 cup</p> |
| <p>17 No School: MLK Day</p> | <p>18 Tangerine Chicken/ Fried Rice/ Stir-Fry Vegetables/ Pears/ Milk 1 cup</p> | <p>19 Lasagna/ Whole Grain Roll/ Steamed Broccoli/ Diced Peaches / Milk 1 cup</p> | <p>20 WGR Chicken Quesadilla Salsa Cup Pineapple Chunks Garden Salad WGR Tortilla Chips Milk 1 cup</p> | <p>21 Cheeseburger on WGR Bun Potato Wedges Fruit Salad Garden Salad Milk 1 cup</p> |
| <p>24 Whole Grain Beaded Fish Sticks 4 sticks 2 oz./ Diced Peaches ¼ cup /Steamed Diced Carrots ¼ cup / Whole Grain Roll 1 oz. / Milk 1 cup</p> | <p>25 Whole Grain Cheese Pizza/Pinto Beans / Diced Pears/ Milk 1 cup</p> | <p>26 WGR Chicken Sandwich/ Diced Mango /Asparagus / Whole Grain Roll /Milk 1 cup</p> | <p>27 Sloppy Joe on Whole Grain Hamburger Bun/ Mashed Potatoes / Mandarin Oranges/ Milk 1 Cup</p> | <p>28 Turkey & Cheese Roll Up on Whole Grain Tortilla Sweet Potato Fries Fresh Apple Garden Salad</p> |
| <p>31 Oven Baked Chicken/ Diced Carrots/ Peaches/ Brown Rice/Milk 1 cup</p> | <p>1 Beef Tacos/ Refried Beans / Mandarin Oranges/ Taco Trimming/ Milk 1 cup</p> | <p>2 Oven Baked Fish Filet Deluxe Mac N Cheese WGR Breadstick Fresh Apple Garden Salad Milk 1 cup</p> | <p>3 Grilled Cheese Sandwich (2 oz. Whole Grain and 2 oz. Protein)/ Green Peas / Fresh Banana / Milk 1 cup</p> | <p>4 100% Beef Hamburger Patty/ Whole Grain Hamburger Bun/French Fries / Spinach and Tomato Slices/ Mandarin Oranges/ Milk 1 cup</p> |

News

Lunch Includes:

- Choice of 1 Entrée (includes meat/ meat alternative & grain)
- Choice of up to 2 vegetables *
- Choice of up to 2 fruits *
- Choice of Low-Fat, Fat-Free, or Lactose-Free Milk

*A lunch must include ½ cup of fruit or vegetable and 2 full other components

*Middle school students receive a maximum of 1 fruit with their lunch

Other Daily Lunch Entrée Options:

- Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Sun Chips, Celery, & Ranch
- Hummus, Whole Grain Chocolate Elf Grahams, Whole Grain Pretzels, Carrots, & Ranch

Due to national supply chain disruptions, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Thank you for understanding!