

# JANUARY 2022

# LUNCH

Student Name *(First AND Last)*

Grade:



PAY FOR MEALS ONLINE  
MySchoolBucks.com

## Monday

**Chicken Patty on WGR Bun 3**  
 ¼ c Baked Beans  
 ½ c Sweet Potato Fries  
 ½ c Fresh Pear  
 Ketchup Pkt  
 Milk

**Mini Turkey Corn Dogs 10**  
 ¼ c Garlic Broccoli  
 ½ c Waffle Cut French Fries  
 ½ c Mixed Fruit Cup  
 Ketchup Pkt  
 Milk

**No School 17**  
**MLK Day**

**Hot Dog on WGR Bun 24**  
 ¼ c Green Beans  
 ½ c Baked Beans  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Hamburger on WGR Bun 31**  
 ¼ c Baked Beans  
 ½ c Potato Wedges  
 ½ c Mixed Fruit Cup  
 Ketchup Pkt  
 Milk

## Tuesday

**Beef Cutlet 4**  
 ¼ c Corn  
 ½ c Mashed Potatoes  
 ½ c Fresh Apple  
 1 oz-eq Dinner Roll  
 Milk

**Sloppy Joe on WGR Bun 11**  
 ¼ c Peas  
 ½ c Roasted Cauliflower  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Cheesburger on WGR Bun 18**  
 ¼ c Baked Beans  
 ½ c Waffle Cut French Fries  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Grilled Cheese Sandwich 25**  
 ½ c Tomato Soup  
 ½ c Peas  
 ½ c Fresh Pear  
 Milk

## Wednesday

**Mac & Cheese 5**  
 ¼ c Cherry Tomatoes  
 ½ c Green Beans  
 ½ c Fresh Orange  
 Milk

**Taco Salad 12**  
 1 oz-eq Tortilla Chips  
 ½ c Black Bean Salad  
 ½ c Fresh Apple  
 2 T Sour Cream Pkt  
 Milk

**Beet Soup (Borshcht) 19**  
 ½ c Green Beans  
 ½ c Fresh Apple  
 1oz-eq String Cheese Stick  
 1 oz-eq Dinner Roll  
 2 T Sour Cream Pkt  
 Milk

**Grilled Chicken Sandwich 26**  
 (w/Lettuce & Tomato)  
 ½ c Sweet Potato Fries  
 ½ c Peach Slices  
 1 Tbsp Low-Fat Mayo Pkt  
 Milk

## Thursday

**Fish Sticks 6**  
 ¼ c Baked Beans  
 ½ c Garlic Broccoli  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Chicken Parmesan 13**  
 1oz-eq Spaghetti  
 ½ c Green Beans  
 ½ c Sliced Peaches  
 ½ oz-eq Choc. Chip Cookie (WGR)  
 Milk

**Breaded Chicken Drumstick 20**  
 ¼ c Peas  
 ½ c Mashed Potatoes  
 ½ c Mixed Fruit Cup  
 1oz-eq Garlic Bread Roll  
 Milk

**Waffles & Turkey Sausage 27**  
 ¼ c Cherry Tomatoes  
 ½ c Vegetable Juice  
 ½ c Fresh Orange  
 Syrup Pkt  
 Milk

## Friday

**No School 7**  
**Christmas Break**

**Broccoli Cheddar Soup 14**  
 ¼ c Baby Carrots  
 ½ c Fresh Orange  
 1 oz-eq Garlic Bread Roll  
 Milk

**Mexican Pizza 21**  
 ¼ c Hummus  
 ½ c Baby Carrots  
 ½ c Fresh Orange  
 Milk

**Cheese Breadsticks (2) 28**  
 ¼ c Marinara Sauce  
 ½ c Garlic Broccoli  
 ½ c Fresh Apple  
 Milk

**Menus Due:  
 WEDNESDAY, Dec 15<sup>th</sup>**

**All meals FREE for ALL GVA students for the 2021-2022 school year!**

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 Check the GVA website for additional information. This institution is an equal opportunity provider.

**\*Menu Subject to Change\***  
**A variety of milk is offered at each meal:  
 1% White or Fat-Free Chocolate**