

JANUARY

Jan 6th - Jan 31st
 Week #1: 6th -10th
 Week #2: 13th - 17th
 Week #3: 21st - 24th
 Week #4: 27th - 31st

4TH - 8TH Grade Food Court Menu

Choose **THREE OR MORE** COLORS for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

Hot Entrees

Choose from several fruit and veggie choices daily



Cheesy Stuffed Breadsticks !!
 Comes with a marinara cup, perfect for dipping!



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MACHO NACHO GROUND BEEF TACO SEASONED, SERVED WITH NACHO CHIPS, CHEESE SAUCE,

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Grilled Cheese Sandwich & Hot Tomato Soup



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CHICKEN & WAFFLES

OVEN BAKED CHICKEN TENDERS WITH WAFFLES, SERVED WITH SYRUP !!



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Cold Entrees

Choose from several fruit and veggie choices daily

TuttiFrutti includes gluten free cereal box, fruit cup, carrots with ranch, yogurt & string cheese *gluten free

				Grab a milk for all 5 food groups!
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PEANUT BUTTER & JELLY



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Sweet Apple Chicken Salad Romaine lettuce served w/ fried chicken, grape tomatoes, apples, grapes, carrots, Shredded Cheddar, honey mustard dressing & WG Goldfish crackers or equiv.

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HAM & CHEESE SANDWICH

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Garden Salad Romaine lettuce served w/ grape tomatoes, carrots, egg, Shredded Cheddar, ranch dressing & WG Goldfish crackers or equiv.

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Weekly Special

Choose from several fruit and veggie choices daily



Homemade Baked Macaroni & Cheese



Week #1 & 2

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Spicy Chicken

Quesadilla



Week #3 & 4

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Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

*All fruits are served as 1/2 cup servings. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
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 email:
 Program.Intake@usda.gov

This institution is an equal opportunity provider.

What Makes A LUNCH

SELECT 3-5 ITEMS:

	GRAINS PROTEIN	
VEGGIE	FRUIT	

one must be a

FRUIT or **VEGGIE**