

Shaker Heights Schools

Food Zone

MS January Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO SCHOOL- Professional Learning	4 Turkey and Cheese Sub Sandwich Baby Carrot Sticks Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	5 Beef Chili with Beans and Fresh Vegetables Braised Green Beans Cornbread Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	6 Cheese Ravioli with Meatballs Mixed Greens Salad Grapes Milk-1% or Flavored Fat Free, or Skim	7 Hamburger Baked French Fries Seasoned Corn Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
10 Chicken Alfredo Pasta Roasted Broccoli Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	11 Beef Pepperoni Calzone Garbanzo Bean Salad Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	12 <u>*Breakfast for Lunch*</u> French Toast Turkey Sausage Seasoned Diced Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	13 Popcorn Chicken Mashed Potatoes/Gravy Seasoned Corn Grapes Milk-1% or Flavored Fat Free, or Skim	14 Macaroni and Cheese Baked Beans Braised Collard Greens Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
NO SCHOOL- MLK DAY	18 Lasagna Roll Up Bread Stick Roasted Broccoli Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	19 Whole Grain Chicken Corn Dogs Baked Beans Baked French Fries Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	20 Walking Dorito Tacos Served with Lettuce, Tomato and Cheese Black Bean and Corn Salad Cilantro Rice Grapes Milk-1% or Flavored Fat Free, or Skim	NO SCHOOL- Professional Day
24 Whole Grain French Bread Pizza Corn and Garbanzo Bean Salad Fresh Fruit Milk-1% or Flavored Fat Free, or Skim	25 Salisbury Steak Au Gratin Potatoes Sautéed Spinach Apple Sauce Milk- 1% or Flavored Fat Free, or Skim	26 <u>*Breakfast for Lunch*</u> Chicken and Waffles Herb Roasted Potatoes Mandarin Oranges Milk-1% or Flavored Fat Free, or Skim	27 Turkey Hot Pocket Baked Potato Wedges Roasted Carrots Grapes Milk-1% or Flavored Fat Free, or Skim	28 Teriyaki Beef Stir Fry Seasoned Brown Rice Mixed Vegetable Fresh Fruit Milk-1% or Flavored Fat Free, or Skim
2nd Entree Chicken Sandwich	2nd Entree Chicken Nuggets	2nd Entree Bosco Sticks	2nd Entree Hamburger	2nd Entree Cheese Pizza

Menu Subject to Change

Any questions please call the Food Service Director Mark Jacobs 216.295.4342
This institution is an equal opportunity provider.

