

Shaker Heights Schools

Food Zone

K-6 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

Menu Subject to Change

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

