



# JANUARY | 2022

## Shay/Middle School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b> Hamburger on Bun Baked Beans  <u>Grab &amp; Go</u> Turkey & Cheese Lunch Kit Dragon Punch	<b>4</b> <i>Shay Birthday Breakfast</i> Cheese Quesadilla Salsa Cup Baby Carrots  <u>Grab &amp; Go</u> Italian Sub Baby Carrots	<b>5</b> Breaded Chicken Tenders Steamed Corn Soft Breadstick  <u>Grab &amp; Go</u> Fruit, Yogurt, Granola Parfait Dragon Punch	<b>6</b> Emoji Waffles Sausage Links Hashbrown Patty  <u>Grab &amp; Go</u> PBJ Sandwich Baby Carrots	<b>7</b> French Bread Pizza Broccoli Florets  <u>Grab &amp; Go</u> Cereal/Goldfish Grahams Yogurt and Wango Mango Juice
<b>10</b> Pizza Cheese Crunchers Romaine Salad  <u>Grab &amp; Go</u> Turkey & Cheese Lunch Kit Dragon Punch	<b>11</b> Beef and Cheese Nachos Refried Beans Salsa Cup  <u>Grab &amp; Go</u> Italian Sub Baby Carrots	<b>12</b> Breaded Chicken Nuggets Green Beans Cornbread  <u>Grab &amp; Go</u> Fruit, Yogurt, Granola Parfait Dragon Punch	<b>13</b> Confetti Pancakes Yogurt Cup Potato Smiles  <u>Grab &amp; Go</u> PBJ Sandwich Baby Carrots	<b>14</b> Pepperoni Calzone Baby Carrots  <u>Grab &amp; Go</u> Cereal/Goldfish Grahams Yogurt and Wango Mango Juice
<b>17</b> Macaroni & Cheese Broccoli Florets  <u>Grab &amp; Go</u> Turkey & Cheese Lunch Kit Dragon Punch	<b>18</b> Fiestada Pizza Steamed Corn Salsa Cup  <u>Grab &amp; Go</u> Italian Sub Baby Carrots	<b>19</b> Breaded Chicken Sandwich Oven Fries  <u>Grab &amp; Go</u> Fruit, Yogurt, Granola Parfait Dragon Punch	<b>20</b> French Toast Sticks Sausage Links Wango Mango Juice  <u>Grab &amp; Go</u> PBJ Sandwich Baby Carrots	<b>21</b>  HALF DAY
<b>24</b> Cheese Filled Breadsticks Romaine Salad Marinara Cup  <u>Grab &amp; Go</u> Turkey & Cheese Lunch Kit Dragon Punch	<b>25</b> Beef Hot Dog on Bun Baked Beans  <u>Grab &amp; Go</u> Italian Sub Baby Carrots	<b>26</b> Breaded Popcorn Chicken Green Beans Dinner Roll  <u>Grab &amp; Go</u> Fruit, Yogurt, Granola Parfait Dragon Punch	<b>27</b> Mini Maple Waffles Yogurt Cup Hashbrown Patty  <u>Grab &amp; Go</u> PBJ Sandwich Baby Carrots	<b>28</b> Personal Pizza Baby Carrots  <u>Grab &amp; Go</u> Cereal/Goldfish Grahams Yogurt and Wango Mango Juice
<b>31</b> Mini Corn Dogs Oven Fries  <u>Grab &amp; Go</u> Turkey & Cheese Lunch Kit Dragon Punch	<b>1</b> Beef and Cheese Nachos Refried Beans Salsa Cup  <u>Grab &amp; Go</u> Italian Sub Baby Carrots	<b>2</b> Breaded Chicken Tenders Steamed Corn Soft Breadstick  <u>Grab &amp; Go</u> Fruit, Yogurt, Granola Parfait Dragon Punch	<b>3</b> Pancakes Sausage Links Wango Mango Juice  <u>Grab &amp; Go</u> PBJ Sandwich Baby Carrots	<b>4</b> French Bread Pizza Broccoli Florets  <u>Grab &amp; Go</u> Cereal/Goldfish Grahams Yogurt and Wango Mango Juice

**BREAKFAST**  
**NO COST this school year**  
**Served in the cafeteria**  
**each morning**  
**7:40-8:00am**  
**Students may select from**  
**assorted grains, smoothie**  
**fruits, juice and milk**

**LUNCH**  
**NO COST this school year**  
**Students can choose**  
**between a Hot meal or**  
**Grab & Go**  
**Assorted fruits and milk**  
**are included**

**ALA CARTE**  
Milk .50

**Students must pay cash or**  
**have money in their**  
**account to purchase**  
**additional items**  
**Funds can be deposited in**  
**the cafeteria or online.**  
**Visit our website for more**  
**information:**  
**Harbors.org, click on the**  
**Food Service link**

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