

January 2026 High School Menu

Menus are subject to change without notice.

WG=Whole Grain LF=Low Fat

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School New Years Day	2 No School
5 Mini Sampler Basket Oven roasted vegetable medley Garden bar with hummus Fruit choice* Milk choice*	6 WG Primo Pizza Steamed broccoli Garden bar Fruit choice* Milk choice*	7 Beef Walking Taco Assorted taco toppings Refried beans Fruit choice* Milk choice*	8 Teriyaki Beef (Nerstrand Big Woods Beef) w/ Lo Mein Oriental steamed stir-fry veggie blend Garden bar WG egg roll Fruit choice* Milk choice*	9 BBQ Pulled Pork on WG Bun Creamy coleslaw Steamed green beans WG Sunchips Garden Bar Fruit choice* Milk choice*
12 WG Pasta with choice of Meatballs and/or Marinara Sauce Steamed zoodles Garden bar WG garlic breadstick Fruit choice* Milk Choice*	13 WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato fries Garden bar WG Dinner roll Fruit choice* Milk choice*	14 Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted Fresh Toppings Oven baked beans Garden bar Fruit choice* Milk choice*	15 WG Cinnamon Roll Three Cheese Egg Bites Herb roasted potatoes Garden bar and hummus Fruit choice* Milk choice*	16 Bone-in Chicken Wings Oven baked onion rings WG Sister Shubert roll Garden bar Fruit choice* Milk choice*
19 No School Dr. Martin Luther King Jr. Day	20 Chicken and Alfredo Sauce with WG Pasta WG garlic breadstick Steamed peas and carrots Garden bar Fruit choice* Milk choice*	21 WG Primo Pizza Steamed broccoli Garden bar Fruit choice* Milk choice*	22 WG Chicken Sandwich Lettuce and tomato slices Roasted squash Oven baked beans Garden veggie bar Fruit choice* Milk choice*	23 No School
26 No School	27 Chicken Fajita Steamed peppers and onions Fresh fixings Refried beans Seasoned brown rice Fruit choice* Milk choice*	28 WG Cinnamon roll and Cheese Omelet Breakfast potatoes Garden bar and hummus Fruit choice* Milk choice*	29 Ultimate All Beef Hotdog Bar Vegetarian baked beans Creamy coleslaw Garden veggie bar Fruit choice* Milk choice*	30 WG Garlic Cheesebread Marinara dipping sauce Caesar salad Garden bar Fruit choice* Milk choice*

Alternate meals: Sandwich or Pizza Slice includes fruit choices, vegetable choices and a milk choice.

Premade Salad Meal: Daily features listed on the School District Website. Salad meal includes a fruit choice, a whole grain bread choice and a milk. Global Trends Meal: Daily features listed on the School District Child Nutrition Website. Includes a fruit choice, vegetable choice and a milk.

Free Meals for All Students



- ◆ **Free Meals** All students enrolled in the school district can receive one free breakfast meal and one free lunch meal every day.
- ◆ Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged \$5.25 per meal. Subject to change based on USDA meal charge guidelines.
- ◆ Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.