



JANUARY 2023

HIGH SCHOOL | LUNCH MENU

| MON | TUES | WED | THURS | FRI |
|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| MTO Mexican Station 2 Penne Chicken Alfredo w/ Garlic Toast Capri Blend Veg, Garbanzo Beans | MTO Mexican Station 3 Pizza Meatball Sub Italian Blend Veg, Broccoli | MTO Mexican Station 4 Baked Potato w/ Vegetarian Chili & Cheese Winter Blend Veg, Corn | MTO Mexican Station 5 Beef Sloppy Joe on WG Bun Capri Blend Veg, Tomatoes | Schools Closed <i>Week 3</i> |
| MTO Asian Station 9 LTO: Black Bean Chili Frito Bowl Capri Blend Veg, Garbanzo Beans | MTO Asian Station 10 LTO: Black Bean Chili Frito Bowl Italian Blend Veg, Broccoli Florets | MTO Asian Station 11 LTO: Black Bean Chili Frito Bowl Winter Blend Veg, Tomato Wedges | MTO Asian Station 12 LTO: Black Bean Chili Frito Bowl Steamed Corn, Baby Carrots | MTO Asian Station 13 LTO: Black Bean Chili Frito Bowl Italian Blend Veg, Cucumber Slices <i>Week 4</i> |
| Schools Closed 16 | MTO Potato Station 17 Garlic Chili Popcorn Chicken Lo Mein French Fries, Baby Carrots | MTO Potato Station 18 Cheese Stuffed Breadsticks/Marinara Italian Blend Veg, Tomato Wedges | MTO Potato Station 19 Fish Sticks/Mac & Cheese Winter Blend Veg, Cucumber Slices | MTO Potato Station 20 Chicken Frito Bowl French Fries, Steamed Corn <i>Week 5</i> |
| MTO Italian Station 23 Max Cheese Sticks w/ Marinara Sauce Capri Blend Veg, Garbanzo Beans | MTO Italian Station 24 Crispy Boneless Chicken Wings Italian Blend Veg, Broccoli | MTO Italian Station 25 French Toast Sticks w/ Chicken Sausage Winter Blend, Tomato Wedges | MTO Italian Station 26 Beef Ravioli w/ WG Pretzel Rod Capri Blend Veg, Cucumber Slices | MTO Italian Station 27 Chicken Corn Dogs Steamed Corn, Italian Meal <i>Week 1</i> |
| MTO Breakfast Station 30 (2) Beef Soft Tacos Vegetarian Baked Beans, Baby Carrots | MTO Breakfast Station 31 Cheese Quesadilla Italian Blend Veg, Broccoli Florets | Capri Blend: carrots, green beans, zucchini Italian Blend: carrots, cauliflower, R omano Beans, Lima Beans. Winter Blend: Broccoli, Cauliflower | | <i>Week 2</i> |

Specials:
Week 1: Chicken Caesar Salad
Week 2: Chicken Nacho Salad
Week 3: Turkey Cheese Salad
Week 4: Ham Salad
Week 5: Italian salad
 ** All Salads served with WG Dinner
 Roll or WG Pretzel Rod

DAILY:
 Whole Wheat Uncrustable Meal
 Box: (PBJ, String Cheese, Graham
 Crackers)
 * MTO Deli Station ~ *Pizza Station
 **Hamburgers ~ Cheeseburger ~
 Veggie Burger ~ Hot Dogs ~ Chicken
 Tenders ~ Breaded Chicken
 Sandwich ~ Breaded Spicy Chicken
 Sandwich

Fresh Vegetable Variety: Carrots,
 Broccoli, Cucumber, Celery, Grape
 Tomato, Peppers, Beans, Legumes

Powering
 potential.



Provided Daily:
 Assorted Low Fat Unflavored, and Chocolate
 Assorted Fresh Fruit of the Day & Assorted 100% Fruit Juices
 Local produce grown within 350 miles is identified by (L).
 Questions and concerns: Please call Food Service 856-424-2316.
 Meal Applications can be filled out anytime during the school year
 Full Price Breakfast \$2.00 and Full Price Lunch \$3.10

All Lunches Must
 Include Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk



STUDENT
 NUTRITION

This institution is an equal
 opportunity provider

Menus are subject to change.