

January 2022

Mid-Atlantic Regional High School Lunch Menu



LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cheese Pizza Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">3</p>	<p>Chicken Nuggets Dinner Roll (9-12 only) Steamed Corn (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">4</p>	<p>Teriyaki Chicken with Broccoli & Carrots Brown Rice (K-8: 1/2 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">5</p>	<p>Beef Hamburger on Whole Grain Bun Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">6</p>	<p>Turkey Taco Bowl with Brown Rice with Peppers, Onions, Salsa & Cheese Pinto Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">7</p>
<p>Mini Corn Dogs Cheesy Breadstick (K-8: 1; 9-12: 2) Green Beans (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">10</p>	<p>Chicken Parmesan with Marinara Sauce with Whole Grain Pasta Seasoned Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">11</p>	<p>BBQ Chicken Sandwich Glazed Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">12</p>	<p>Roasted Chicken with Gravy Chef Choice: Cornbread OR Brown Rice Mashed Potatoes & Green Beans (1/2 cup each) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">13</p>	<p>Arroz Con Pollo Aromatic Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">14</p>
<p>No School</p> <p style="text-align: right;">17</p>	<p>Chicken Patty Sandwich Sweet Potato Tots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">18</p>	<p>Pasta with Meatballs Lemony Broccoli (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">19</p>	<p>Teriyaki Chicken Wrap Roasted Potatoes (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">20</p>	<p>Hot Dog on Whole Grain Bun <i>Citrus Spiced Green Beans</i> (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">21</p>
<p>Cheese Pizza Roasted Carrots (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">24</p>	<p>Jerk Chicken Red Rice (K-8: 3/4 cup; 9-12: 1 1/4 cup) Black Beans (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">25</p>	<p>Build-your-own: Turkey Soft Tacos with Peppers, Onions, Salsa & Cheese Steamed Corn (1/2 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">26</p>	<p>Beef Hamburger on Whole Grain Bun Oven Roasted Cauliflower (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">27</p>	<p>Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">28</p>
<p>Chicken Alfredo with Whole Grain Pasta Roasted Broccoli (K-8: 3/4 cup; 9-12: 1 cup) Assorted Fruit Skim/1% Milk</p> <p style="text-align: right;">31</p>				

Harvest of the Month

This institution is an equal opportunity provider.

NOTE: Menu subject to change