



New Heights School

January 2022 Lunch Menu



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
1/3	1/4	1/5	1/6	1/7
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce Shredded Mozzarella Green Beans Fresh Banana	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC	BBQ Chicken Sandwich Corn Fresh Orange	PIZZA Fresh Carrots Fresh Apple
1/10	1/11	1/12	1/13	1/14
Beef Meatball Sub WG Hoagie Bun Mozzarella Cheese Fresh Carrots Applesauce Cup	Breaded Chicken Patty Sandwich WG Bun American Cheese Shredded Lettuce Fresh Cucumber coins Fresh Apple Mayo PC	Sloppy Joe on WG Bun Corn Peach Cup	Chicken Tenders WG Tea Biscuit Veg Baked Beans Fresh Orange BBQ Sauce PC	PIZZA Fresh Broccoli Mixed fruit Cup
1/17	1/18	1/19	1/20	1/21
NO SCHOOL	French Toast & Turkey Sausage Fresh Carrots Fresh Cucumber coins Strawberry Cup Syrup PC	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC	Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange	PIZZA Fresh Carrots Fresh Celery Sticks Fresh Apple
1/24	1/25	1/26	1/27	1/28
NO SCHOOL	BBQ Drumstick Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana	Turkey w/Gravy WG Teabiscuit Mashed Potatoes Fresh Celery Peach Cup	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple	PIZZA Fresh Broccoli Fresh Orange Fresh Cucumber coins
1/31				
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC				<p style="font-size: small;">Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.</p>

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.