

# High School Lunch Bridge Academy



**“IF YOU CAN'T FLY THEN RUN,  
IF YOU CAN'T RUN THEN  
WALK, IF YOU CAN'T WALK  
THEN CRAWL, BUT WHATEVER  
YOU DO YOU HAVE TO KEEP  
MOVING FORWARD.”**

~Martin Luther King Jr.

**High School Offered:**

1. Milk 8fl oz. Or 1% Low Fat or Fat Free Choc
2. 2 oz Meat / Meat Alternative
3. 1 cup of Fruit
4. 1 Cup of Vegetables

**\*\*All students may refuse 2 of the above but must take ATLEAST 1 cup of fruit / veggie equivalent.\*\***

		Wednesday, January 1	Thursday, January 2	Friday, January 3
		<i>New Years Day CLOSED</i>	<i>Chicken Teriyaki Baked Beans Corn &amp; WG Rice Corn Muffin WG Sliced Peaches Mango Juice Apples &amp; Oranges</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges Craisins &amp; Applesauce</i>
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
<i>Three Kings Day CLOSED</i>	<i>Chicken Sandwich WG Carrots Lettuce &amp; Tomato Apples &amp; Oranges Sliced Peaches Ketchup Packet</i>	<i>Mac &amp; Cheese WG Garden Salad Corn Muffin WG Carrots Apples &amp; Oranges Applesauce Cup Craisins</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples &amp; Oranges Craisins Applesauce</i>	<i>Chicken Nuggets WG Smiley Fries Corn Muffin WG Apples Applesauce Cup Corn, Peas &amp; Carrots Ketchup Packet</i>
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
<i>Chicken Corn Dog WG Garden Salad Baked Beans Apples &amp; Oranges Frozen Whole Fruit Cup Ketchup Packet</i>	<i>Cheeseburger /WG Roll Carrots Corn Apples &amp; Oranges Cherry Veggie Slushy Ketchup Packet</i>	<i>Chicken Teriyaki Baked Beans Corn &amp; WG Rice Corn Muffin WG Apples &amp; Oranges Veggie Juice</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples &amp; Oranges Craisins Applesauce</i>	<i>HALF DAY</i>
Monday, January 20	Tuesday, January 21	Wednesday, January 22	Thursday, January 23	Friday, January 24
<i>Martin Luther King Jr. Day CLOSED</i>	<i>Chicken Taco WG Garbanzo Beans Corn Oranges Apples Sliced Peaches</i>	<i>HALF DAY</i>	<i>HALF DAY</i>	<i>HALF DAY</i>
Monday, January 27	Tuesday, January 28	Wednesday, January 29	Thursday, January 30	Friday, January 31
<i>Chicken Drumsticks Mashed Potatoes &amp; Gravy Whole Wheat Biscuit Corn &amp; Green Beans Oranges Craisins BBQ Sauce Packet</i>	<i>Cheeseburger /WG Roll Carrots Corn Apples &amp; Oranges Cherry Veggie Slushy Ketchup Packet</i>	<i>Chicken Alfredo Pasta Broccoli Green Beans Sliced Peaches Applesauce Cup Craisins Frozen Whole Fruit Cup</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges Craisins Applesauce Cup</i>	<i>Chicken Nuggets WG Smiley Fries Corn Muffin WG Apples Applesauce Cup Corn, Peas &amp; Carrots Ketchup Packet</i>

**\*\*This institution is an equal opportunity provider.\*\***

**\*\*Menu subject to change based on freshness, delivery, inclement weather and/or availability.\*\***