

## High School Offered:


1. Milk 8fl oz. 1% Low Fat or Fat Free Choc
2. 2 oz Meat / Meat Alternative
3. 1 cup of Fruit
4. 1 Cup of Vegetables
5. Grains 10—12 week (51% Whole Grain)

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

*It's times like these that you find out who your*  
**true friends**  
*are and how lucky you are to have them in your life.*



## High School Lunch January 2021 Bridge Academy

				Friday, January 1
				<b>HAPPY NEW YEAR!</b>
Monday, January 4	Tuesday, January 5	Wednesday, January 6	Thursday, January 7	Friday, January 8
Closed	Closed	Closed	Closed	Closed
Monday, January 11	Tuesday, January 12	Wednesday, January 13	Thursday, January 14	Friday, January 15
Cheese Pizza WG Garden Salad Green Beans Apples Oranges Craisins Apple Sauce	Chicken Sandwich WG Carrots Green Beans Lettuce Sliced tomato Oranges Ketchup	Closed	Chicken Sandwich WG Carrots Green Beans Lettuce Sliced tomato Oranges Ketchup	Cheese Pizza WG Garden Salad Green Beans Apples Oranges Craisins Apple Sauce
Monday, January 18	Tuesday, January 19	Wednesday, January 20	Thursday, January 21	Friday, January 22
CLOSED	Chicken Taco WG Garbanzo Beans Corn Oranges Apples Peaches	Closed	Chicken Taco WG Garbanzo Beans Corn Oranges Apples Peaches	WG Penne & Marinara Garden Salad Mozzarella Cheese LF Oranges Apples Mini Corn Muffin
Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29
Chicken Nuggets WG Smiley Fries Corn, Peas & Carrots Mini Corn Muffin Applesauce Cup Oranges Ketchup	Macaroni & Cheese WG Carrots Green Beans Oranges Mini Corn Muffin Craisins	Closed	Macaroni & Cheese WG Carrots Green Beans Oranges Mini Corn Muffin	Chicken Nuggets WG Smiley Fries Corn, Peas, Carrots Mini Corn Muffin Apple Sauce Oranges Ketchup

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

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