



# Merritt Academy

## JANUARY 2024 K-8 LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
		1	2	3	
6	7	8	9	10	Jan 6-10
Chicken Tenders Baked Beans Fruit Cup, Milk	Beef and Cheese Taco, Carrots Orange, Milk	Pizza Romaine Lettuce Apple Milk	Meatball Sub with Marinara Oven Brown Potatoes Applesauce, Milk	Pizza Broccoli Florets Banana Milk	A) Italian Sub B) Yogurt Parfait served with cucumber
13	14	15	16	17	Jan 13-17
Chicken Patty on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	Beef and Cheese Nacho Carrots Orange, Milk	Bosco Sticks Romaine Lettuce Apple, Milk	Breakfast for Lunch! Pancakes, Sausage, Oven Brown Potatoes, 100% Fruit Juice, Milk	Pizza Broccoli Florets Banana Milk	A) Ham and Cheese Sub B) Macaroni Salad with Chicken served with carrots
20	21	22	23	24	Jan 20-24
No School MLK Day	Walking Taco with Whole Grain Chips Carrots Orange, Milk	Pizza Romaine Lettuce Apple Milk	Baked Goulash with a Whole Wheat Roll Corn Applesauce, Milk	1/2 Day No Lunch	A) Yogurt Parfait served with Cucumbers B) Taco Salad
27	28	29	30	31	Jan 27-31
All Beef Hot Dog Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Beef and Cheese Taco, Carrots Orange, Milk	Popcorn Chicken Romaine Lettuce Apple Milk	Breakfast for Lunch! Waffles, Scrambled Eggs, Oven Brown Potatoes, 100% Fruit Juice, Milk	Pizza Veggie Sticks Banana Milk	A) Turkey and Cheese Sub served with Carrots B) Chef Salad with Whole Wheat Roll
Please Note: Due to nationwide disruptions in the food and supply chain and based upon manufacturer and distributor product availability, this menu is likely to change with minimal notice.					Breakfast served Mon-Fri 7:15 to 7:40 AM
All lunches include Meat or Meat Alternate, Fruits and Vegetables, Bread or Bread Equivalent, and Milk.  Milk offered: Fat Free Chocolate or Low Fat White					This institution is an equal opportunity provider.



# Merritt Academy

## JANUARY 2024 HIGH SCHOOL LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Alternative Entree Options
		1	2	3	
6	7	8	9	10	Jan 6-10
Chicken Tenders Assorted Graham Baked Beans Fruit Cup, 100% Fruit Juice, Milk	Beef and Cheese Taco, Carrots Orange, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Apple Milk	Meatball Sub with Marinara Oven Brown Potatoes Applesauce, 100% Fruit Juice, Milk	Pizza Broccoli Florets Banana 100% Fruit Juice Milk	A) Italian Sub  B) Yogurt Parfait served with cucumber
13	14	15	16	17	Jan 13-17
Chicken Patty on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Fruit Cup, Milk	Beef and Cheese Nacho Carrots Orange, 100% Fruit Juice, Milk	Bosco Sticks Romaine Lettuce Apple, Milk	Breakfast for Lunch! Pancakes, Sausage, Oven Brown Potatoes, 100% Fruit Juice, Applesauce, Milk	Pizza Broccoli Florets Banana 100% Fruit Juice Milk	A) Ham and Cheese Sub  B) Macaroni Salad with Chicken served with carrots
20	21	22	23	24	Jan 20-24
No School MLK Day	Walking Taco with Whole Grain Chips Carrots Orange, 100% Fruit Juice, Milk	Pizza Romaine Lettuce Apple Milk	Baked Goulash with a Whole Wheat Roll Corn Applesauce, 100% Fruit Juice, Milk	1/2 Day No Lunch	A) Yogurt Parfait served with Cucumbers  B) Taco Salad
27	28	29	30	31	Jan 27-31
All Beef Hot Dog Whole Wheat Bun Baked Beans 100% Fruit Juice, Fruit Cup, Milk	Beef and Cheese Taco, Carrots Orange, 100% Fruit Juice, Milk	Popcorn Chicken Pretzel Romaine Lettuce Apple Milk	Breakfast for Lunch! Waffles, Scrambled Eggs, Oven Brown Potatoes, 100% Fruit Juice, Apple- sauce, Milk	Pizza Veggie Sticks Banana 100% Fruit Juice Milk	A) Turkey and Cheese Sub served with Carrots  B) Chef Salad with Whole Wheat Roll
Please Note: Due to nationwide disruptions in the food and supply chain and based upon manufacturer and distributor product availability, this menu is likely to change with minimal notice.					Breakfast served Mon-Fri 7:15 to 7:40 AM
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