

**MACCRAVY**

**January 2023**

**Reimbursable Meal=**

Entrée, Bread/grain, Veggies, Fruit, & Milk  
(1 Lunch per student daily)

Students must take 3-5 items including a fruit or vegetable

**Milk choices:** 1% Chocolate 1% Lactose Free



**Fruit and Veggie Options**

**Daily Offerings:**  
*Hot Vegetable  
Fruit Sauce  
Fresh Fruit  
Fresh Veggies*



**All Grains Offered are Whole Wheat**

**Menu is subject to change upon availability and without notice**

**This Institution is an equal opportunity provider**

	<b>3</b> <b>Breakfast</b> (HS)Breakfast Pizza(E)Cereal  <b>Main Event</b> Asian or Popcorn Chicken	<b>4</b> <b>Breakfast</b> (HS)Anything Eggs(E)Breakfast Bar  <b>Main Event</b> Hamburger Hotdish	<b>5</b> <b>Breakfast</b> (HS)Breakfast Sandwich(E)Crackers & Yogurt or Cheese  <b>Main Event</b> Chicken Strips	<b>6</b> <b>Breakfast</b> (HS&E)Bagels  <b>Main Event</b> Hot Turkey Sandwich
	<b>10</b> <b>Breakfast</b> (HS)Egg Bagel(E)Cereal  <b>Main Event</b> Pork Carnita Burrito Bowl	<b>11</b> <b>Breakfast</b> (HS)Anything Eggs(E)Breakfast Cookie  <b>Main Event</b> French Bread Pizza	<b>12</b> <b>Breakfast</b> (HS)Breakfast Sandwich(E)Crackers & Yogurt or Cheese  <b>Main Event</b> Corn Dog /Mac & Cheese	<b>13</b> <b>Breakfast</b> (HS&E)Breads  <b>Main Event</b> Hamburger & Fries
	<b>17</b> <b>Breakfast</b> (HS)Breakfast Pizza(E)Cereal  <b>Main Event</b> Taco Tuesday	<b>18</b> <b>Breakfast</b> (HS)Anything Eggs(E)Breakfast Bar  <b>Main Event</b> Homemade BBQ	<b>19</b> <b>Breakfast</b> (HS)Breakfast Sandwich(E)Crackers & Yogurt or Cheese  <b>Main Event</b> Salisbury Steak	<b>20</b> <b>Breakfast</b> (HS&E)Baked Goods  <b>Main Event</b> Brunch for Lunch
	<b>24</b> <b>Breakfast</b> (HS)Pancake on a Stick(E)Cereal  <b>Main Event</b> Hot Dogs	<b>25</b> <b>Breakfast</b> (HS)Anything Eggs(E)Breakfast Bar  <b>Main Event</b> Grab & Go Lunch	<b>26</b> <b>Breakfast</b> (HS)Breakfast Sandwich(E)Crackers & Yogurt or Cheese  <b>Main Event</b> Soup & Sandwich	<b>27</b> <b>Breakfast</b> (HS&E)Baked Goods  <b>Main Event</b> Pulled Pork & Mashed Potatoes
	<b>31</b> <b>Breakfast</b> (HS)Breakfast Pizza(E)Cereal  <b>Main Event</b> Chicken Alfredo			