

# FREE SCHOOL MEALS

Breakfast & lunch are available to all students this year at no cost.



# Menus for January 2022

## DID YOU KNOW?

FREE SCHOOL MEALS INCLUDE A VARIETY OF FRUITS & VEGETABLES.



## Salem Prep, New Liberty Charter

This institution is an equal opportunity provider and employer.

Monday, January 17	Tuesday, January 18	Wednesday, January 19	Thursday, January 20	Friday, January 21	DID YOU ALSO KNOW?
<b><u>No School</u></b>	<p><b><u>Lunch</u></b>                      Italian Herbed Chicken                      Baked Sweet Potatoes                      Sweet Peas                      Garlic Dinner Roll                      Or                      Turkey Sandwich                      Lettuce &amp; Tomato                      Chickpea Salad</p> <p style="text-align: center;">Fruit/Milk</p>	<p><b><u>Lunch</u></b>                      Grilled Cheese                      Sandwich                      Potato Wedges                      Side Spinach Salad                      Dressing                      Or                      Tuna Sandwich                      Carrot &amp; Cucumber                      Sticks</p> <p style="text-align: center;">Fruit/Milk</p>	<p><b><u>Lunch</u></b>                      Chicken Fajita                      Black Bean and Corn                      Salad                      Lettuce and Tomato                      Salsa                      or                      Ham Sandwich/WW                      Roll                      Side Garden Salad</p> <p style="text-align: center;">Fruit/Milk</p>	<p><b><u>Lunch</u></b>                      Pizza                      Side Garden Salad                      Dressing                      Or                      Tuna Salad Sandwich                      Carrot &amp; Cucumber                      Sticks</p> <p style="text-align: center;">Fruit/Milk</p>	<p><b>DID YOU ALSO KNOW?</b></p> <ul style="list-style-type: none"> <li>Possible Daily Vegetarian Grab and Go Lunch Options:                             <ul style="list-style-type: none"> <li>Sun Butter and Jelly Sandwich<sup>V</sup></li> <li>Yogurt and Granola Grab and Go</li> <li>Hummus and Veggie Grab and Go<sup>V</sup></li> </ul> </li> <li>All grain products are whole grain rich</li> <li>Meats are lean and cheeses are low fat</li> <li>A variety of fresh fruits and vegetables offered daily</li> </ul> <p style="text-align: center;"><b><u>Please Note:</u></b></p> <ul style="list-style-type: none"> <li>If you have a food allergy please speak to the school nurse and advise your kitchen manager                             <ul style="list-style-type: none"> <li><b>Menu is subject to change</b></li> </ul> </li> </ul>