

Salem High School Lunch Menu : JANUARY

MONDAY

1/1

No School: No Lunch Served

2024

HAPPY NEW YEAR

1/8

Texas Toast Grilled Cheese On whole wheat Bread
Vegetable of the Day: Garden Salad, Roasted Diced Butternut Squash
Assorted Fruit, Milk

1/15

Schools Closed: No lunch Served

1/22

Texas Toast Grilled Cheese On whole wheat Bread
Vegetable of the Day: Sweet Potato Fries
Vegetarian Baked Beans, Roasted Broccoli
Assorted Fruit, Milk

1/29

Turkey and Cheese Melt on whole wheat Bread with a Side of Boom Boom Sauce
Vegetable of the Day: Roasted Sweet Potato Fries
Veggie Cruncher
Assorted Fruit, Milk

TUESDAY

1/2

No School: No Lunch Served

1/8

Caribbean Pulled Pork Nachos on whole grain Tortilla Chips
Vegetable of the Day: Shredded Lettuce, Diced Tomato, Shredded Cheese
Black Bean & Corn Salsa
Assorted Fruit, Milk

1/16

Boom Boom Spicy Chicken Patty on whole grain Bun
Vegetable of the Day: Lettuce & Tomato, Chickpea Salad, Crinkle Cut Fries
Assorted Fruit, Milk

1/23

Chicken Fajita Bowl with Spanish Rice and Beans
Vegetable of the Day: Sautéed Peppers and Onions, Black Bean and Corn Salsa, Shredded Lettuce, Salsa
Assorted Fruit, Milk

1/30

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

WEDNESDAY

1/3

Chicken Tenders with whole grain Dinner Roll
Vegetable of the Day: Sweet Potato Fries
Three Bean Salad
Assorted Fruit, Milk

1/9

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

1/17

Birria Pulled Pork Quesadilla on whole grain Tortilla
Vegetable of the Day: Salsa, Mexicali Corn, Sautéed Peppers and Onions, Assorted Fruit, Milk

1/24

Breakfast for Lunch: Whole Grain French Toast Sticks with Chicken Sausage Links
Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries
Assorted Fruit, Milk

1/31

Caribbean Pulled Pork on whole grain Bun
Vegetable of the Day: Homemade Coleslaw, Red Roasted Potatoes
Assorted Fruit, Milk

THURSDAY

1/5

National Spaghetti Day: whole grain Spaghetti and Meat sauce
Vegetable of the Day: Garden Salad
Roasted Carrots
Assorted Fruit, Milk

1/10

Chop Cheeseburger Sub on whole grain Roll
Vegetable of the Day: Lettuce & Tomato, Bell Pepper Strips, Potato Wedges
Assorted Fruit, Milk

1/18

Whole Grain Pasta with Chicken and Broccoli
Vegetable of the Day: Diced Roasted Butternut Squash, Green Bean Toss
Assorted Fruit, Milk

1/25

Beef and Whole Grain Macaroni Casserole
Vegetable of the Day: Kale and Cranberry Salad and Roasted Italian Vegetables
Assorted Fruit, Milk

2/1

Chicken Shawarma on whole wheat Pita
Vegetable of the Day: Diced Cucumber, Sliced Onion, Shredded Lettuce, Shawarma Mayo, and a Chickpea Salad
Assorted Fruit, Milk

FRIDAY

1/6

Chicken and Cheese Quesadilla on whole grain Tortilla with Spanish Rice & Beans
Vegetable of the Day: Salsa, Mexicali Corn, Side Romaine Salad
Assorted Fruit, Milk

1/11

Baked Fish with Ritz Cracker Crust and whole grain Dinner Roll with Caesar Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

1/19

Ham and Cheese Melt on whole wheat Croissant
Vegetable of the Day: Spinach and Strawberry Salad, Roasted Sweet Potato Chunks
Assorted Fruit, Milk

1/26

Meatball Sub on whole grain Roll
Vegetable of the Day: Romaine and Spinach Salad, Cucumber Wheels
Assorted Fruit, Milk

2/2

Chicken Caesar Salad with Homemade Croutons, Whole Wheat Pita, and a Cheese Stick
Assorted Fruit, Milk

SALEM COUNTRY KITCHEN

1st Floor -

Home Cooking Station

See weekly menu Below

Mexican Station, Soft taco shells, nacho chips, burritos, wraps, Beef, Chicken Fajita, Sautéed Onions and Peppers, Rice and Beans, Shredded Cheese, Diced Tomatoes

SALEM HIGH PIZZERIA

2nd Floor -

Pizza Station

whole wheat Pizza Crust

Toppings:

Sauce, Cheese, Peppers & Onions, Pepperoni, Sausage, Buffalo Chicken
Deli & Salad Station

Sandwiches/ wraps: Turkey, Ham, Tuna

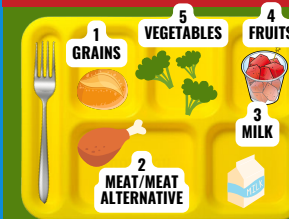


SALEM HIGH GRILL

Made to order burgers and hot dogs

The 5 components of School Lunch

Choose at least 3:



Choose all 5 Components for the best nutrition!

Students are **required** to take a half cup of fruit or vegetables

Students must take 2 more meal component from at least 2 other food groups.

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is an equal Opportunity Provider.



New Liberty & Prep Lunch Menu: JANUARY

MONDAY

1/1

Schools Closed: No lunch Served



1/8

Texas Toast Grilled Cheese On whole wheat Bread
Or Tuna Salad on whole grain Bun
Vegetable of the Day: Veggie Cruncher, Roasted Diced Butternut Squash
Assorted Fruit, Milk

1/15

No School: No Lunch Served

1/22

Texas Toast Grilled Cheese
Or
Tuna Salad Sandwich on whole wheat Bread
Vegetable of the Day: Roasted Broccoli
Vegetarian Baked Beans
Assorted Fruit, Milk

1/29

Turkey and Cheese Melt on Whole Wheat Bread
Or Chicken Salad on whole grain Bun
Vegetable of the Day: Sweet Potato Fries, Veggie Cruncher
Assorted Fruit, Milk

TUESDAY

1/2

Schools Closed: No lunch Served

1/9

Taco Tuesday!
Beef or Turkey Taco on whole grain Tortilla
Or Chef's Salad with whole grain Dinner Roll
Vegetable of the Day: Shredded Lettuce, Diced Tomato, Shredded Cheese, Black Bean & Corn Salsa
Assorted Fruit, Milk

1/16

Boom Boom Spicy Chicken Patty on whole grain Bun
Or Turkey & Cheese on whole grain Bun
Vegetable of the Day: Lettuce & Tomato, Chickpea Salad, Crinkle Cut Fries
Assorted Fruit, Milk

1/23

Chicken Fajita on Whole Wheat Tortilla
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day: Sauteed Peppers and Onions, Black Bean and Corn Salsa, Shredded Lettuce, Salsa
Assorted Fruit, Milk

1/30

Mandarin Orange Chicken with Whole Grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

WEDNESDAY

1/3

Chicken Tenders with whole grain Dinner Roll
Or Yogurt & Fresh Fruit Plate with Whole Grain Graham Crackers
Vegetable of the Day: Sweet Potato Fries
Three Bean Salad
Assorted Fruit, Milk

1/10

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with Whole Grain Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

1/17

Birria Pulled Pork Quesadilla on whole grain Tortilla
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Salsa, Mexicali Corn, Sauteed Peppers and Onions
Assorted Fruit, Milk

1/24

Breakfast for Lunch: Whole Grain French Toast Sticks with Chicken Sausage Links
Or Chef's Salad with whole grain Dinner Roll
Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries
Assorted Fruit, Milk

1/31

Caribbean Pulled Pork on whole grain bun
Or Turkey and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Homemade Coleslaw, Red Roasted Potatoes
Assorted Fruit, Milk

THURSDAY

1/4

National Spaghetti Day: whole grain Spaghetti and Meatsauce
Or
Turkey & Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Garden Salad
Roasted Carrots
Assorted Fruit, Milk

1/11

Chop Cheeseburger Sub on whole grain Roll
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Lettuce & Tomato, Russet Potato Wedges, Bell Pepper Strips
Assorted Fruit, Milk

1/18

Whole Grain Pasta with Chicken and Broccoli
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Diced Roasted Butternut Squash, Green Bean Toss
Assorted Fruit, Milk

1/25

Beef and Whole Grain Macaroni Casserole
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Side Kale and Cranberry Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

2/1

Chicken Shawarma on whole grain Pita
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Diced Cucumber, Shredded Lettuce, Chickpea Salad
Assorted Fruit, Milk

FRIDAY

1/5

Whole Grain **Pizza**
Or **Caesar Salad** with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Mexicali Corn, Side Romaine Salad
Assorted Fruit, Milk

1/12

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole wheat Pita
Vegetable of the Day: Caesar Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

1/19

Whole Grain **Pizza**
Or Grilled Chicken Wrap on whole wheat Tortilla
Vegetable of the Day: Bell Pepper Strip, Spinach and Strawberry Salad
Assorted Fruit, Milk

1/26

Whole Grain **Pizza**
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Romaine and Spinach Salad, Cucumber Wheels
Assorted Fruit, Milk

2/2

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day: Side Caesar Salad, Carrot Sticks
Assorted Fruit, Milk

MASSACHUSETTS FARM TO SCHOOL

HARVEST of the MONTH

APPLES

January

Fun Fact:
Apple trees take 4-5 years to produce their first fruit!

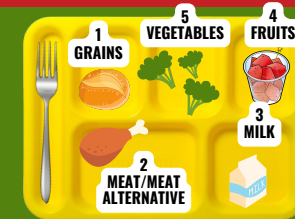
Local Vendor Spotlight:



Salem Food and Nutrition Services works with New Entry Sustainable Farm to bring locally sourced fresh fruits and vegetable to our cafeterias!

The 5 components of School Lunch

Choose at least 3:



Choose all 5 Components for the best nutrition!

Students are required to take a half cup of fruit or vegetables

Students must take 2 more meal component from at least 2 other food groups.

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.



Elementary School Lunch Menu: JANUARY

MONDAY

1/1

Schools Closed: No lunch Served

2024
HAPPY NEW YEAR

1/8

Texas Toast Grilled Cheese On whole wheat Bread
Or Tuna Salad on whole grain Bun
Vegetable of the Day: Veggie Cruncher, Roasted Diced Butternut Squash
Assorted Fruit, Milk

1/15

No School: No Lunch Served

1/22

Beef or Turkey Hot Dog on whole grain Roll
Or
Tuna Salad Sandwich on whole wheat Bread
Vegetable of the Day: Sweet Potato Fries
Vegetarian Baked Beans
Assorted Fruit, Milk

1/29

Turkey and Cheese Melt on Whole Wheat Bread
Or Chicken Salad on whole grain Bun
Vegetable of the Day: Sweet Potato Fries, Veggie Cruncher
Assorted Fruit, Milk

TUESDAY

1/2

Schools Closed: No lunch Served

1/9

Taco Tuesday!
Beef or Turkey Taco on whole grain Tortilla
Or Chefs Salad with whole grain Dinner Roll
Vegetable of the Day: Shredded Lettuce, Diced Tomato, Shredded Cheese, Black Bean & Corn Salsa
Assorted Fruit, Milk

1/16

Hamburger or Cheeseburger on whole grain Bun
Or Turkey & Cheese on whole grain Bun
Vegetable of the Day: Lettuce & Tomato, Chickpea Salad, Crinkle Cut Fries
Assorted Fruit, Milk

1/23

Chicken Fajita on Whole Wheat Tortilla
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day: Sauteed Peppers and Onions, Black Bean and Corn Salsa, Shredded Lettuce, Salsa
Assorted Fruit, Milk

1/30

Mandarin Orange Chicken with Whole Grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

WEDNESDAY

1/3

Chicken Tenders with whole grain Dinner Roll
Or Yogurt & Fresh Fruit Plate with Whole Grain Graham Crackers
Vegetable of the Day: Oven Baked "Fries"
Three Bean Salad
Assorted Fruit, Milk

1/10

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with Whole Grain Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

1/17

Cheese Quesadilla on whole grain Tortilla
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Salsa, Mexicali Corn, Sauteed Peppers and Onions
Assorted Fruit, Milk

1/24

Breakfast for Lunch: Whole Grain French Toast Sticks with Chicken Sausage Links
Or Chefs Salad with whole grain Dinner Roll
Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries
Assorted Fruit, Milk

1/31

Caribbean Pulled Pork on whole grain Bun
Or Turkey and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Homemade Coleslaw, Red Roasted Potatoes
Assorted Fruit, Milk

THURSDAY

1/4

National Spaghetti Day: whole grain Spaghetti and Meatsauce
Or
Turkey & Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Garden Salad
Roasted Carrots
Assorted Fruit, Milk

1/11

Chop Cheeseburger Sub on whole grain Roll
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Lettuce & Tomato, Russet Potato Wedges, Bell Pepper Strips
Assorted Fruit, Milk

1/18

Whole Grain Pasta with Chicken and Broccoli
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Diced Roasted Butternut Squash, Green Bean Toss
Assorted Fruit, Milk

1/25

Beef and Whole Grain Macaroni Casserole
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day: Side Kale and Cranberry Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

2/1

Chicken Shawarma on whole grain Pita
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Diced Cucumber, Shredded Lettuce, Chickpea Salad
Assorted Fruit, Milk

FRIDAY

1/5

Whole Grain **Pizza**
Or **Caesar Salad** with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day: Cucumber Wheels
Sweet Potato Fries
Assorted Fruit, Milk

1/12

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole wheat Pita
Vegetable of the Day: Caesar Salad, Carrot Sticks
Assorted Fruit, Milk

1/19

Whole Grain **Pizza**
Or Grilled Chicken Wrap on whole wheat Tortilla
Vegetable of the Day: Bell Pepper Strip, Spinach and Strawberry Salad
Assorted Fruit, Milk

1/26

Whole Grain **Pizza**
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day: Side Caesar Salad, Cucumber Wheels
Assorted Fruit, Milk

2/2

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day: Spinach and Strawberry Salad, Carrot Sticks
Assorted Fruit, Milk

MASSACHUSETTS FARM TO SCHOOL

HARVEST of the MONTH

APPLES

January

Fun Fact:
Apple trees take 4-5 years to produce their first fruit!

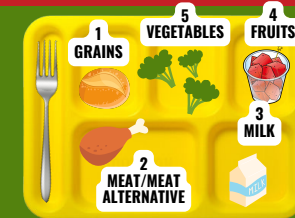
Local Vendor Spotlight:



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The 5 components of School Lunch

Choose at least 3:



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Students must take 2 more meal component from at least 2 other food groups.

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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Collins Middle School Lunch Menu: JANUARY

MONDAY

1/1

Schools Closed: No lunch Served



1/8

Texas Toast Grilled Cheese On whole wheat Bread
Or Tuna Salad on whole grain Bun
Vegetable of the Day:
Veggie Cruncher, Roasted Diced Butternut Squash
Assorted Fruit, Milk

1/15

No School: No Lunch Served

1/22

Beef or Turkey Hot Dog on whole grain Roll
Or
Tuna Salad Sandwich on whole wheat Bread
Vegetable of the Day:
Sweet Potato Fries
Vegetarian Baked Beans
Assorted Fruit, Milk

1/29

Turkey and Cheese Melt on Whole Wheat Bread
Or Chicken Salad on whole grain Bun
Vegetable of the Day:
Sweet Potato Fries,
Veggie Cruncher
Assorted Fruit, Milk

TUESDAY

1/2

Schools Closed: No lunch Served

1/9

Taco Tuesday!
Beef or Turkey Taco on whole grain Tortilla
Or Chefs Salad with whole grain Dinner Roll
Vegetable of the Day:
Shredded Lettuce, Diced Tomato, Shredded Cheese,
Black Bean & Corn Salsa
Assorted Fruit, Milk

1/16

Hamburger or Cheeseburger on whole grain Bun
Or Turkey & Cheese on whole grain Bun
Vegetable of the Day:
Lettuce & Tomato,
Chickpea Salad,
Crinkle Cut Fries
Assorted Fruit, Milk

1/23

Chicken Fajita on Whole Wheat Tortilla
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day:
Sauteed Peppers and Onions, Black Bean and Corn Salsa, Shredded Lettuce, Salsa
Assorted Fruit, Milk

1/30

Mandarin Orange Chicken with Whole Grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day:
Roasted Broccoli,
Steamed Carrot Coins
Assorted Fruit, Milk

WEDNESDAY

1/3

Chicken Tenders with whole grain Dinner Roll
Or Yogurt & Fresh Fruit Plate with Whole Grain Graham Crackers
Vegetable of the Day:
Oven Baked "Fries"
Three Bean Salad
Assorted Fruit, Milk

1/10

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Or Yogurt & Fresh Fruit Plate with Whole Grain Vegetable of the Day:
Roasted Broccoli,
Steamed Carrot Coins
Assorted Fruit, Milk

1/17

Cheese Quesadilla on whole grain Tortilla
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day:
Salsa, Mexicali Corn,
Sauteed Peppers and Onions
Assorted Fruit, Milk

1/24

Breakfast for Lunch:
Whole Grain French Toast Sticks with Chicken Sausage Links
Or Chefs Salad with whole grain Dinner Roll
Vegetable of the Day:
Cinnamon Roasted Carrot Fries, Harvest Home Fries
Assorted Fruit, Milk

1/31

Caribbean Pulled Pork on whole grain Bun
Or Turkey and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day:
Homemade Coleslaw,
Red Roasted Potatoes
Assorted Fruit, Milk

THURSDAY

1/4

National Spaghetti Day: whole grain Spaghetti and Meatsauce
Or Turkey & Cheese Wrap on whole wheat Tortilla
Vegetable of the Day:
Garden Salad
Roasted Carrots
Assorted Fruit, Milk

1/11

Chop Cheeseburger Sub on whole grain Roll
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day:
Lettuce & Tomato,
Russet Potato Wedges,
Bell Pepper Strips
Assorted Fruit, Milk

1/18

Whole Grain Pasta with Chicken and Broccoli
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day:
Diced Roasted Butternut Squash, Green Bean Toss
Assorted Fruit, Milk

1/25

Beef and Whole Grain Macaroni Casserole
Or Ham and Cheese Wrap on whole wheat Tortilla
Vegetable of the Day:
Side Kale and Cranberry Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

2/1

Chicken Shawarma on whole grain Pita
Or Caesar Salad with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day:
Diced Cucumber,
Shredded Lettuce,
Chickpea Salad
Assorted Fruit, Milk

FRIDAY

1/5

Whole Grain **Pizza**
Or **Caesar Salad** with whole grain Dinner Roll & Cheese Stick
Vegetable of the Day:
Cucumber Wheels
Sweet Potato Fries
Assorted Fruit, Milk

1/12

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole wheat Pita
Vegetable of the Day:
Caesar Salad, Carrot Sticks
Assorted Fruit, Milk

1/19

Whole Grain **Pizza**
Or Grilled Chicken Wrap on whole wheat Tortilla
Vegetable of the Day:
Bell Pepper Strip, Spinach and Romaine Salad
Assorted Fruit, Milk

1/26

Whole Grain **Pizza**
Or Yogurt & Fresh Fruit Plate with whole grain Graham Crackers
Vegetable of the Day:
Side Caesar Salad,
Cucumber Wheels
Assorted Fruit, Milk

2/2

Whole Grain **Pizza**
Or Hummus & Farm Fresh Veggie Plate with whole grain Crackers
Vegetable of the Day:
Spinach and Strawberry Salad,
Carrot Sticks
Assorted Fruit, Milk



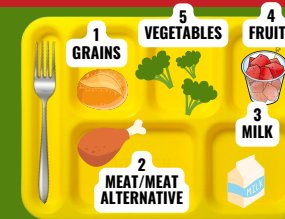
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Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

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- Meats are lean and cheeses are low fat
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Milks Offered Daily

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

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Pre-K, ECC and Pathways Lunch Menu: JANUARY

MONDAY

1/1

Schools Closed: No lunch Served

2024
HAPPY NEW YEAR

1/8

Texas Toast Grilled Cheese On whole wheat Bread
Or
Vegetable of the Day: Veggie Cruncher, Roasted Diced Butternut Squash
Assorted Fruit, Milk

1/15

No School: No Lunch Served

1/22

Beef or Turkey Hot Dog on whole grain Roll
Or
Vegetable of the Day: Sweet Potato Fries
Vegetarian Baked Beans
Assorted Fruit, Milk

1/29

Turkey and Cheese Melt on Whole Wheat Bread
Or
Vegetable of the Day: Sweet Potato Fries, Veggie Cruncher
Assorted Fruit, Milk

TUESDAY

1/2

Schools Closed: No lunch Served

1/9

Caribbean Pulled Pork Nachos with whole grain Tortilla Chips
Vegetable of the Day: Shredded Lettuce, Diced Tomato, Baked Sweet Plantain, Salsa
Assorted Fruit, Milk

1/16

Hamburger or Cheeseburger on whole grain Bun
Or
Vegetable of the Day: Lettuce & Tomato, Chickpea Salad, Crinkle Cut Fries
Assorted Fruit, Milk

1/23

Chicken Fajita on Whole Wheat Tortilla
Or
Vegetable of the Day: Sautéed Peppers and Onions, Black Bean and Corn Salsa, Shredded Lettuce, Salsa
Assorted Fruit, Milk

1/30

Mandarin Orange Chicken with Whole Grain Vegetable Fried Rice
Or
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

WEDNESDAY

1/3

Chicken Tenders with whole grain Dinner Roll
Vegetable of the Day: Sweet Potato Fries
Three Bean Salad
Assorted Fruit, Milk

1/10

Mandarin Orange Chicken with whole grain Vegetable Fried Rice
Vegetable of the Day: Roasted Broccoli, Steamed Carrot Coins
Assorted Fruit, Milk

1/17

Whole Grain Pasta with Chicken and Broccoli
Or
Vegetable of the Day: Side Garden Salad
Green Bean Toss
Assorted Fruit, Milk

1/24

Breakfast for Lunch: Whole Grain French Toast Sticks with Chicken Sausage Links
Or
Vegetable of the Day: Cinnamon Roasted Carrot Fries, Harvest Home Fries
Assorted Fruit, Milk

1/31

Caribbean Pulled Pork on whole grain Bun
Or
Vegetable of the Day: Homemade Coleslaw, Red Roasted Potatoes
Assorted Fruit, Milk

THURSDAY

1/4

National Spaghetti Day: whole grain Spaghetti and Meatsauce
Vegetable of the Day: Garden Salad
Roasted Carrots
Assorted Fruit, Milk

1/11

Chop Cheeseburger Sub on whole grain Roll
Vegetable of the Day: Lettuce & Tomato, Russet Potato Wedges, Bell Pepper Strips
Assorted Fruit, Milk

1/18

Cheese Quesadilla on whole grain Tortilla
Or
Vegetable of the Day: Salsa, Mexicali Corn
Assorted Fruit, Milk

1/25

Beef and Whole Grain Macaroni Casserole
Or
Vegetable of the Day: Side Kale and Cranberry Salad, Roasted Italian Vegetables
Assorted Fruit, Milk

2/1

Chicken Shawarma on whole grain Pita
Or
Vegetable of the Day: Diced Cucumber, Shredded Lettuce, Chickpea Salad
Assorted Fruit, Milk

FRIDAY

1/5

Chicken and Cheese Quesadilla on whole grain Tortilla with Spanish Rice & Beans
Vegetable of the Day: Salsa, Mexicali Corn, Side Romaine Salad
Assorted Fruit, Milk

1/12

Whole Grain **Pizza** Or **Yogurt & Fresh Fruit Plate** with Whole Grain Graham Crackers
Vegetable of the Day: Assorted Fruit, Milk

1/19

Whole Grain **Pizza** Or
Vegetable of the Day: Bell Pepper Strip, Spinach and Romaine Salad
Assorted Fruit, Milk

1/26

Whole Grain **Pizza** OR **Ham and Cheese Wrap** on whole wheat Tortilla
Vegetable of the Day: Bell Pepper Strips, Spinach and Strawberry Salad
Assorted Fruit, Milk

2/2

Whole Grain **Pizza** Or **Chicken Caesar Salad Wrap** on whole wheat Tortilla
Vegetable of the Day: Cucumber Wheels, Side Caesar Salad
Assorted Fruit, Milk



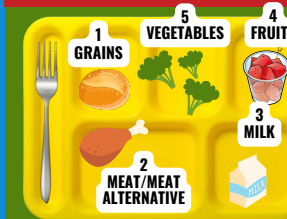
Local Vendor Spotlight:



Salem Food and Nutrition Services works with New Entry Sustainable Farm to bring locally sourced fresh fruits and vegetable to our cafeterias!

The 5 components of School Lunch

Choose at least 3:



Choose all 5 Components for the best nutrition!

Students are required to take a half cup of fruit or vegetables

Students must take 2 more meal component from at least 2 other food groups.

Daily Vegetarian Grab and Go Lunch Options:

Sun Butter and Jelly Sandwich V
Yogurt and Granola Grab and Go
Hummus and Veggie Grab and Go

- All grain products are whole grain rich
- Meats are lean and cheeses are low fat
- A variety of fresh fruits and vegetables offered daily!



Milks Offered Daily

Skim Milk: >0.5% Fat
1% Milk: 1% Fat

Please Note: If you have a food allergy please advise your kitchen manager. This institution is a equal Opportunity Provider.

