

# January 2024 Lunch Menu



Elementary Lunch \$2.65  
High School Lunch \$2.90  
Adult Lunch \$4.10

Ms. Jillian Bergman, Director of Food Services  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>MSHS</b> Chicken Patty Bar <b>Elem.</b> Chicken Patty Sandwich	Taco Bar Taco Bar	Pasta Bar Pizza	Burger Bar Burger Bar	Meatball Hoagie Meatball Hoagie
1)  <b>Schools Closed</b>  	2)  <b>JSHS—General Tso's Chicken</b> <b>Elem—Crispy Chicken Nuggets</b> Steamed Rice Steamed Carrots Fresh Veggies w/Dip Assorted Fruits	3)  <b>Bacon Cheeseburger</b> w/ Lettuce, Tomato & Pepper Rings Crispy French Fries Pickles Baked Beans Assorted Fruits	4)  <b>French Toast Sticks</b> w/Syrup Tater Tots Sausage Celery w/Peanut Butter Assorted Fruits	5)  <b>Cheesy Pizza</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggies w/Dip Assorted Fruits
8)  <b>JSHS –Philly Cheesesteak Hoagie</b> <b>Elem—Hot Dog on a Bun</b> Crispy French Fries Fresh Veggies w/Dip Assorted Fruits	9)  <b>Popcorn Chicken Bowl</b> w/Mashed Potatoes, Corn, Cheddar Cheese & Gravy Dinner Roll Assorted Fruits	10)  <b>JSHS—Beef Nachos w/ JTM Queso Blanco Sauce</b> <b>Element—Walking Taco w/ Meat, Cheese and Sour Cream</b> Steamed Corn Baby Carrots w/ Dip Assorted Fruits Churros	11)  <b>Macaroni &amp; Cheese with a Breadstick</b> Steamed Mixed Veggies Mixed Salad Greens w/ Tomatoes & Dressing Fruited Jell-O	12)  <b>Pizza Sticks with Dipping Sauce</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggie w/ Hummus Assorted Fruits
15)  <b>No School for Students</b>  	16)  <b>Crispy Chicken Tenders with Seasoned Noodles</b> Steamed Green Beans Fresh Veggies w/Dip Assorted Fruits	17)   <b>Meatball Mashed Potato Bowl w/ Corn, Cheddar Cheese &amp; Gravy</b> <b>Dinner Rolls</b> Baby Carrots w/ Dip Assorted Fruits	18)  <b>Hot Ham &amp; Cheese on a Pretzel Roll</b> Steamed Carrots Fresh Veggies w/Dip Assorted Fruits	19)  <b>Cheesy Pizza</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggies w/ Hummus Assorted Fruits
22)  <b>Pasta with Meat sauce with a Breadstick</b> Steamed Green Beans Fresh Veggies w/Dip Assorted Fruits Cookie	23)  <b>Egg, Bacon &amp; Cheese on a Croissant</b> Hash Browns Celery w/Peanut Butter Assorted Fruits	24)  <b>Salisbury Steak with Dinner Rolls</b> Mashed Potatoes w/ Gravy Steamed Corn Homemade Apple Crisp	25)  <b>MSHS—Chili Mac &amp; Cheese with Texas Toast</b> <b>Element—Mini Corn Dogs</b> Steamed Carrots Baked Beans Assorted Fruits	26)  <b>Pizza Sticks with Dipping Sauce</b> Steamed Broccoli w/ Cheese Sauce Fresh Veggie w/ Dip Assorted Fruits
29)  <b>Loaded Tator Tots with Seasoned Beef, Cheese &amp; Dinner Rolls</b> Steamed Carrots Fresh Veggies w/Dip Assorted Fruits	30)  <b>Popcorn Chicken Bowl</b> w/Mashed Potatoes, Corn, Cheddar Cheese & Gravy Dinner Roll Assorted Fruits	31)  <b>JSHS—General Tso's Chicken Over Rice</b> <b>Element.—Classic Corn Dog</b> Steamed Corn Fresh Veggies w/Dip Assorted Fruits	<p>All meals include a choice of milk Elementary— A peanut butter and jelly sandwich choice is available daily. High School—Boxed Salads and assorted cold sandwiches available daily</p> <p>To view nutritional/allergy information, make online payments &amp; view your child's account log on to <a href="http://schoolcafe.com">schoolcafe.com</a>. For more info regarding the National School Lunch Program visit the Food Service Page at <a href="http://tulpehocken.org">tulpehocken.org</a> This institution is an equal opportunity provider.</p>  <p>Menu Subject to change</p>	