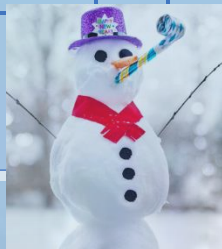


SCHOOL OF HOPE LUNCH MENU



JANUARY 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	NO SCHOOL	4	Ham & Cheese Sub Veggie: Side Salad- 1 C Fruit: 1/2 C	5	Bosco Sticks: 2 each Marinara Sauce: 2.5oz Veggie: Green Beans 1/2 C Fruit: 1/2 C	6	Italian meatball sub: 4 ea. Mozzarella cheese: 1/4 C Veggie: Cheezy broccoli: 1/2 C Fruit: 1/2 C	7	Macaroni & Cheese: 3/4 C Roll & butter: 1 each Veggie: Baby Carrots Fruit: 1/2 C Cookie: 1 each
10	Popcorn Chicken (14 each) Roll & Butter : 1 each Veggie: Buttery Peas Fruit: 1/2 C	11	Chicken Patty Sandwich Veggie: Green beans- 1/2 C Fruit: 1/2 C	12	Seasoned Taco Meat - 2 oz Cheddar Cheese Cup -1 each Tostitos: 1 bag each Salsa Cup - 1 each Refried Beans: 1/2 C Fruit: 1/2 C	13	Shredded BBQ Chicken Sandwich (3oz) Veggie: Buttery Corn 1/2 C Fruit: 1/2 C	14	Salisbury Steak (1 each) Mashed potatoes (1/2 C) Beef Gravy (2oz) Dinner roll & butter: 1 ea. Veggie: Side Salad 1/2 C Fruit: 1/2 C Cookie: 1 each
17	NO SCHOOL  Martin Luther King, Jr. Day	18	Ham & Cheese Sub Veggie: Side Salad- 1 C Fruit: 1/2 C	19	Bosco Sticks: 2 each Marinara Sauce: 2.5oz Veggie: Green Beans 1/2 C Fruit: 1/2 C	20	Italian meatball sub: 4 ea. Mozzarella cheese: 1/4 C Veggie: Cheezy broccoli: 1/2 C Fruit: 1/2 C	21	Macaroni & Cheese: 3/4 C Roll & butter: 1 each Veggie: Baby Carrots Fruit: 1/2 C Cookie: 1 each
24	Popcorn Chicken (14 each) Roll & Butter : 1 each Veggie: Buttery Peas Fruit: 1/2 C	25	Chicken Patty Sandwich Veggie: Green beans- 1/2 C Fruit: 1/2 C	26	Seasoned Taco Meat - 2 oz Cheddar Cheese Cup - 1 ea. Tostitos: 1 bag each Salsa Cup - 1 each Refried Beans: 1/2 C Fruit: 1/2 C	27	Shredded BBQ Chicken Sandwich (3oz) Veggie: Buttery Corn 1/2 C Fruit: 1/2 C	28	Salisbury Steak (1 each) Mashed potatoes (1/2 C) Beef Gravy (2oz) Dinner roll & butter: 1 ea. Veggie: Side Salad 1/2 C Fruit: 1/2 C Cookie: 1 each
31	Cheeseburger Veggie: Baked Beans: 1/2 C Pickle cups: 1 each Fruit: 1/2 C								



Wishing you and your family a Happy, Healthy, & Safe New Year!

LUNCHES ARE FREE THIS YEAR
NO SCHOOL JANUARY 3, 2022 & JANUARY 17, 2022 MARTIN LUTHER KING DAY