







January 2024

AIA MS/HS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Winter Break</p>	<p>2</p>  <p>Winter Break</p>	<p>3</p>  <p>Winter Break</p>	<p>4</p>  <p>Winter Break</p>	<p>5</p>  <p>Winter Break</p>
<p>8</p> <p>Tony's Pizza 2 oz. Cheese Pizza 2 oz. WG Pizza Crust</p> <p>SIDES 1 c. Vegetable Juice Blend 1 c. Fresh Apple</p>	<p>9</p> <p>Mexican Beef Burrito 2 oz. Beef/Bean & 1 oz. Cheese 2 oz WG Tortilla</p> <p>SIDES 1 c. Corn on the Cob 1 c. Seasonal Fresh Fruit</p>	<p>10</p> <p>Beef Hot Dog 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun</p> <p>SIDES 1 c. Potato Wedges 1 c. Fresh Orange</p> <p>Ketchup</p>	<p>11</p> <p>Mac & Cheese Bowl 2 oz. WG Popcorn Chicken 1 c. WG Macaroni & Cheese</p> <p>SIDES 1 c. Broccoli 1 c. Fresh Banana</p>	<p>12</p> <p>Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 c. Fresh Cucumbers 1 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>15</p> 	<p>16</p> <p>Mexican Beef Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 1 c. Black Beans & Corn (2) WG Tortillas</p> <p>SIDES 1 c. Seasonal Fresh Fruit</p>	<p>17</p> <p>Mashed Potato Bowl 2 oz. WG Popcorn Chicken 1 oz. Shredded Cheddar 1 c. Sweet Potato Tots 1/2 c. Mashed Potatoes 1/2 c. Corn</p> <p>SIDES 1.1 oz WG Dinner Roll 1 c. Fresh Orange</p>	<p>18</p> <p>Deli Sub 2 oz. Ham, Turkey & Cheese 2 oz. WW Sub Bun 1/2 c. Veggie Pasta Salad</p> <p>SIDES 1 c. Baby Carrots 1 c. Fresh Banana</p>	<p>19</p> <p>Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 1/2 c. Garden Salad w/ Ranch 1 c. Fresh Seasonal Fruit</p> <p>Italian Dressing</p>
<p>22</p> <p>Chicken Patty Sandwich 3.29 oz. Crispy Chicken Patty 2 oz. WG Bun</p> <p>SIDES 1 c. Sweet Potato Tots 1 c. Fresh Apple</p> <p>Mayo Ketchup</p>	<p>23</p> <p>Mexican Beef Nachos 2 oz. Beef/Bean & 1 oz. Cheese 1 c. Black Bean Corn Salsa 2 oz. WG Corn Chips</p> <p>SIDES 1 c. Seasonal Fresh Fruit</p>	<p>24</p> <p>French Toast Brunch (2) Turkey Sausage Links (2) WG French Toast</p> <p>SIDES 1 c. Hashbrowns w/ Cheese 1 c. Fresh Orange</p> <p>Syrup</p>	<p>25</p> <p>Beef Mostaccioli 2 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Penne Noodles 1/4 c. Spaghetti Sauce</p> <p>SIDES 1 c. Green Beans 1 c. Fresh Banana</p>	<p>26</p> <p>Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 c. Baby Carrots 1 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>29</p> <p>Beef Sloppy Joe 2 oz. Ground Beef 2 oz. WG Bun</p> <p>SIDES 1 c. Sweet Potato Wedges 1 c. Fresh Apple</p> <p>Ketchup</p>	<p>30</p> <p>Mexican Beef Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p>SIDES 1 c. Black Beans & Corn 1 c. Seasonal Fresh Fruit</p> <p>Salsa</p>	<p>31</p> <p>Pulled BBQ Chicken Sandwich 2.8 oz. BBQ Chicken 2.05 oz. WG Sub Bun</p> <p>SIDES 1 c. Tater Tots 1 c. Fresh Orange</p> <p>Ketchup</p>	<p>This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or 1% White</p>	

ALTERNATIVE OPTIONS

MONDAY

ALT - Vegetarian Lasagna (VG)

6 oz. Cheese Lasagna w/ WG Noodles & 1 c. Glazed Carrots

SALAD - Chicken Pasta Salad

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 1 c. Carrots, Broccoli, Peppers, Italian Dressing

TUESDAY

ALT - Bean & Cheese Burrito (VG)

4 oz. Bean & Cheese Burrito on WG Tortilla, 1 c. Mexican Corn, Salsa

SALAD - Southwest Salad

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

WEDNESDAY

ALT - WG Grilled Cheese Sandwich (VG)

4 oz. WG Grilled Cheese on WW Bread, 1 c. Tater Tots, Ketchup

SALAD - Chef Salad

2.8 oz. Turkey, 1 oz. Cheese, 1.5 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

THURSDAY

Cheese Pizza (VG)

4 oz. WG Cheese Pizza w/ WG Crust, 1 c. Broccoli

Crispy Chicken Salad

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

*All meals are served with the "fruit of the day"

& your choice of milk. FF Chocolate, FF

Unflavored & 1% Unflavored milk is available*