



January 2019 Lunch Menu

Jenison International Academy



Your lunch includes: An entrée with protein and whole grains, one (1) vegetable side dish, one (1) fruit side dish, and a choice of milk.

Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal.

Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">January 7</p> <p>Pizza Stacker: round flatbread, marinara sauce, mozzarella cheese, pepperoni</p> <p align="center">Baby Carrots</p> <p align="center">Fresh Apple</p>	<p align="center">January 8</p>	<p align="center">January 9</p> <p align="center">Grilled Chicken Wrap with Cheddar Cheese and Romaine</p> <p align="center">Raisins</p> <p align="center">Dragon Juice (vegetable juice)</p> <p align="center">Choice of Milk</p>	<p align="center">January 10</p> <p align="center">Taco Salad with Meat & Cheese</p> <p align="center">Baked Doritos</p> <p align="center">Grapes</p> <p align="center">Choice of Milk</p>	<p align="center">January 11</p>
<p align="center">January 14</p> <p>Turkey & Cheese Sandwich on a Whole Grain Bun</p> <p align="center">Baby Carrots</p> <p align="center">Fresh Apple</p> <p align="center">Choice of Milk</p>	<p align="center">January 15</p>	<p align="center">January 16</p> <p align="center">Yogurt, Bagel, String Cheese</p> <p align="center">Raisins</p> <p align="center">Fresh Apple</p> <p align="center">Choice of Milk</p>	<p align="center">January 17</p> <p>Pizza Stacker: round flatbread, marinara sauce, mozzarella cheese, pepperoni</p> <p align="center">Baby Carrots</p> <p align="center">Fresh Apple</p>	<p align="center">January 18</p>
<p align="center">January 21</p> <p align="center">Grilled Chicken Wrap with Cheddar Cheese and Romaine Raisins</p> <p align="center">Dragon Juice (vegetable juice)</p> <p align="center">Choice of Milk</p>	<p align="center">January 22</p>	<p align="center">January 23</p> <p align="center">Taco Salad with Meat & Cheese</p> <p align="center">Baked Doritos</p> <p align="center">Grapes</p> <p align="center">Choice of Milk</p>	<p align="center">January 24</p> <p align="center">Yogurt, Bagel, String Cheese</p> <p align="center">Raisins</p> <p align="center">Fresh Apple</p> <p align="center">Choice of Milk</p>	<p align="center">January 25</p>
<p align="center">January 28</p> <p>Pizza Stacker: round flatbread, marinara sauce, mozzarella cheese, pepperoni</p> <p align="center">Baby Carrots</p> <p align="center">Fresh Apple</p>	<p align="center">January 29</p>	<p align="center">January 30</p> <p align="center">Grilled Chicken Wrap with Cheddar Cheese and Romaine</p> <p align="center">Raisins</p> <p align="center">Dragon Juice (vegetable juice)</p> <p align="center">Choice of Milk</p>	<p align="center">January 31</p> <p align="center">Taco Salad with Meat & Cheese</p> <p align="center">Baked Doritos</p> <p align="center">Grapes</p> <p align="center">Choice of Milk</p>	<p align="center">February 1</p>

SNOW DAYS: We will serve the menu from the snow day on the day we return to school. A School Messenger email will be sent home to confirm any menu changes.



Questions? Comments?

Email:

foodservice@hpseagles.net



or call Food Service at 457-2400

Mary Darnton, Food Service Director