SCHOOLHOUSE GRILL
School Meal Specialist

Merritt Academy - K - 8th Grade

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5**	**6**	**7**
Whole Grain Breaded Chicken Nuggets Fresh Green Beans Fresh or Chilled Fruit Snack: Fig Newtons, Sliced Peaches	Classic Cheesy Baked Ziti Two-Way Hot (Peas & Corn) Mixed Vegetables Fresh or Chilled Fruit Snack: Ritz Crackers, Pineapple Tidbits	Home-Style Turkey Meatballs over Enriched Whole Grain Rice Freshly Sliced Cucumbers w/ Ranch Dip; Fresh or Chilled Fruit Snack: Nilla Wafers, Applesauce	Fresh Grilled Beef Hamburger Patty on Whole Grain Bun Capri Blend Hot Mixed Vegetables Veggie: Fresh or Chilled Fruit. Snack: Goldfish Crackers, Sliced Pears	Rainbow Tortellini Pasta Blend w/ Marinara Sauce Sweet Hot Baby Peas Fresh or Chilled Fruit. Nutri Grain Bar, Mandarin Oranges
10	**11**	**12**	**13**	**14**
"Breakfast For Lunch" Jumbo Square Waffles w/ Syrup, Turkey Sausage Links, Fresh or Chilled Fruit Snack: Graham Crackers, Applesauce	Chicken Fajita Rice Bowl Enriched Whole Grain Rice w/ Cheddar Cheese; Fresh Baby Carrots w/ Ranch Dip; Fruit or Chilled. Snack: Rice Chex Cereal, Pineapple Chunks	House Made Creamy Chicken Penne Alfredo Two-Way Hot (Peas & Corn) Mixed Vegetables Fresh or Chilled Fruit. Snack: Teddy Graham Crackers, Pineapple Tidbits	Southern Mini Turkey Corn Dog Nuggets California Blend Hot Mixed Vegetables, Fresh or Chilled Fruit. Snack: Ritz Crackers, Applesauce	Italian Meatball Sub Topped w/ Mozzarella Cheese Fresh Green Beans Fresh or Chilled Fruit Snack: Goldfish Crackers, Diced Peaches
17	**18**	**19**	**20**	**21**
MLK Day School Closed	Kid Fav Creamy Mac n' Cheese Five-Way Hot Mixed Vegetables Fresh or Chilled Fruit Snack: Lorna Doone, Pineapple Chunks	Hawaiian Turkey Meatballs over Enriched Grain Rice Fresh Tossed Salad w/ Ranch Dressing, Fresh or Chilled Fruit.. Snack: Saltine Crackers, Sliced Pears	Whole Grain Breaded Chicken Tenders Two-Way Hot (Peas & Carrots)Mixed Vegetables, Fresh or Chilled Fruit. Snack: Rice Chex Cereal, Applesauce	Mini Four Cheese Ravioli w/ Marinara Sauce Sweet Yellow Corn Fresh or Chilled Fruit Snack: Nilla Wafers, Mandarin Oranges
24	**25**	**26**	**27**	**28**
Orange Chicken Strips w/ Enriched Whole Grain Rice Fresh Baby Carrots w/ Ranch Dip, Fresh or Chilled Fruit. Snack: Graham Crackers, Pineapple Tidbits	"Breakfast For Lunch" Buttermilk Pancakes w/ Syrup, Turkey Sausage Link Fresh or Chilled Fruit. Snack: Fig Newtons, Applesauce	Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce Sweet Hot Baby Peas Fresh or Chilled Fruit. Snack: Cheez-it Crackers, Sliced Pears	Salisbury Steak& Gravy Creamy Mashed Potatoes Freshly Sliced Cucumbers w/Ranch Dip, Fresh or Chilled Fruit. Snack: Nilla Wafers, Diced Pears	Whole Grain Breaded Chicken Nuggets Fresh Green Beans Fresh or Chilled Fruit Snack: Saltine Crackers, Applesauce
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Classic Cheesy Baked Ziti Five-Way Hot Mixed Vegetables Fresh or Chilled Fruit Snack: Fig Newtons, Sliced Pears		All lunches served with age appropriate milk, either 1% or whole milk. All meals conform to grain requirements of ½ oz equivalent.	THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS	Fresh or Chilled Fruit: Apples, Cantaloupe, Watermelon, Honeydew, Banana, Oranges