

This institution is an equal opportunity provider

Menu Name : Great Oaks K-5 Allergen/Gluten Free Lunch Menu Alpha Main 2024-2025					Options Provided : Hot						
Grade Level / Age Group : K-5 Grades					Meal Pattern : NSLP						
Meal : Lunch					JANUARY - 2025						
Monday, January 06, 2025		Tuesday, January 07, 2025		Wednesday, January 08, 2025		Thursday, January 09, 2025		Friday, January 10, 2025			
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week I	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice
	Steamed Green Beans	Black bean & Corn	Fresh Baby Carrots	Fruit of the Day	Steamed Peas		Fruit of the day	Fruit of the day	Choice of Milk at checkout	Fruit of the day	Choice of milk at checkout
	Choice of Milk at checkout	Choice of Milk at checkout	Choice of Milk at Checkout								
Monday, January 13, 2025		Tuesday, January 14, 2025		Wednesday, January 15, 2025		Thursday, January 16, 2025		Friday, January 17, 2025			
Hot Meal	Chicken Fried Rice	Beef & Broccoli	Chicken Fajita w/ Rice	Beef Meatballs	NO SCHOOL *****	Week II	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	
	Fruit of the day	Steamed Corn	Served w/ Brown Rice	Steamed Carrots & Peas			Fruit of the day	Fruit of the day	Choice of Milk at checkout	Choice of Milk at Checkout	
	Choice of Milk at checkout	Choice of Milk at Checkout	Choice of milk at checkout	Choice of Milk at Checkout							
Monday, January 20, 2025		Tuesday, January 21, 2025		Wednesday, January 22, 2025		Thursday, January 23, 2025		Friday, January 24, 2025			
Hot Meal	NO SCHOOL *****	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	Beef Taco Meat Over Rice	Week III		Steamed Rice	Fresh Broccoli	Steamed Rice	Seasoned Beef on Brown Rice
		Steamed Corn	Fruit of the day	Baby Carrots	Steamed Black Beans & Corn		Fruit of the day	Fruit of the day	Choice of Milk at checkout	Fruit of the day	Choice of Milk at checkout
		Choice of Milk at Checkout	Choice of Milk at Checkout	Choice of Milk at checkout	Choice of Milk at checkout		Choice of Milk at checkout				
Monday, January 27, 2025		Tuesday, January 28, 2025		Wednesday, January 29, 2025		Thursday, January 30, 2025		Friday, January 31, 2025			
Hot Meal	Chicken Supreme	Beef Nachos	Marinated Grilled Chicken Fillet	Chicken Pilaf	Beef & Potatoes	Week IV	Steamed Rice	Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice
	Steamed Green Beans	Black bean & Corn	Fresh Baby Carrots	Fruit of the Day	Steamed Peas		Fruit of the day	Fruit of the day	Choice of Milk at checkout	Fruit of the day	Choice of milk at checkout
	Choice of Milk at Checkout	Choice of Milk at checkout	Choice of Milk at Checkout								
					COLOR YOUR TRAY: The power of Fruits in School Meals						
					<p>From fresh and frozen to canned dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy pear at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being.</p> <p>Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our schools meals, we provide students with a range of nutrients to help them thrive both inside and outside the classroom.</p>						
					Week V						