

# This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic 5-8th) Hot Lunch						
Grade Level / Age Group : 5th - 8th Grades		Meal Pattern : NSLP		Meal: Hot Lunch		
January - 2026						
Hot Lunch	Monday, January 05, 2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	Friday, January 09, 2026	Week I
	Classic Hamburger	HV Cheesebites W/ Italian Dip	Walking Taco	Chicken Tender Shack	Mini Pizza Triangles	
	W/G Bun, Pickles & Ketchup	Baby Carrots, Cucumbers & Dip	Nacho Doritos, Seasoned Beef Taco	Chicken Tenders, WG Bun & Coleslaw	Green Salad & Dressing	
	Baby Carrots & Dip	Fresh Orange	Fill w/ Taco Rice, Shred lettuce, shred cheddar cheese & hot sauce	Sliced Cucumbers w/ dip	Fresh Cut Apple Wedges	
	Fruit Cup, Fruit Juice & Choice of Milk	Choice Milk at Checkout	Cheesy Refried Beans	Fresh Honey dew melon chunks	Choice Milk	
		Bananas & Choice of Milk	Choice of milk at checkout			
Hot Lunch	Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026	Week II
	Premium Chicken Patty	HV Grilled Cheese Sandwich	All Beef Hot Dog	Chef's Choice Cold lunch	No School/Flex Day	
	WG Bun, Ketchup	Baby Carrots and dip	Hot dog bun, ketchup & mustard	Veggie of the day		
	Chilled Potato Salad	Fresh Orange	Steamed Corn & Cucumbers	Fruit of the day		
	Fava Bean Crisps, Carrot Slims	Choice of Milk at Checkout	Banana			
Fruit Cup & Choice Milk		Choice of Milk	Choice of Milk at Checkout			
Hot Lunch	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026	Week III
	No School	HV Mac n' Cheese Bites	Popcorn Chicken & Cheesy Hashbrowns	Beef Taco	Cheesy Lasagna	
		Mashed Potatoes	Popcorn Chicken w/ Ketchup	Seasoned Beef Taco, WG Tortilla	Paired with Chopped Italian Salad	
		Baby Carrots	Creamy Cheesy Hashbrowns	Fill the taco with Shred lettuce, shred Cheddar, WG Bun & Coleslaw	Romaine, Shred Carrots, Grape tomatoes & sliced cucumbers	
		Fresh Orange	Sliced Cucumbers w/ dip & WG Roll	Fresh Honeydew Melon Chunks	Fresh Large Apple & Choice Milk	
	Choice of Milk	Bananas & Choice of Milk	Choice of Milk	Fresh Dinner Roll w/ butter		
Hot Lunch	Monday, January 26, 2026	Tuesday, January 27, 2026	Wednesday, January 28, 2026	Thursday, January 29, 2026	Friday, January 30, 2026	Week IV
	Roasted Chicken Drumstick	HV Grilled Cheese Sandwich	Hot Italian Beef Meatball Sub	HV Rosy Ravioli	Chef's Choice Corn Dog	
	Hearty Dinner Roll w/butter	Baby Carrots w/ dip	Marinara meatballs, WG sub, Mozzarella Cheese served separately	Crisp Broccoli, Carrot Slims & Dip	Veggie of the day	
	Mashed Potatoes	Fresh Orange	Garden Greens w/ Ranch Dressing	Fresh Honeydew Chunks	Fruit of the day	
	Celery Sticks	Choice of Milk atCheckout	Bananas	Choice of Milk	Choice of Milk	
Fruit cup, Fruit Juice, & Choice Milk						
Hot Lunch						
	What is a healthy portion size of meat according to the USDA?				The USDA promotes portion control through the MyPlate guidelines,	
	Meats (each counts as 1 serving): 2 to 3 ounces cooked lean beef, pork, veal, or lamb without bone. 2 to 3 ounces cooked poultry without skin or bone. 2 to 3 ounces cooked fish without bone.				which recommend making half your plate fruits and vegetables.	
					It also emphasizes controlling portions at restaurants, reading food	
					for serving sizes, and using measuring cups and serving utensils	