

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					
	Monday, January 05, 2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	
Hot Lunch	Classic Hamburger W/G Bun, Pickles & Ketchup Baby Carrots & Dip Fruit Cup, Fruit Juice & Choice of Milk	HV Cheesebites W/ Italian Dip Baby Carrots, Cucumbers & Dip Fresh Orange Choice Milk at Checkout	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill w/ Taco Rice, Shred lettuce, shred cheddar cheese & hot sauce Cheesy Refried Beans Bananas & Choice of Milk	Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw Sliced Cucumbers w/ dip Fresh Honey dew melon chunks Choice of milk at checkout	Mini Pizza Triangles Green Salad & Dressing Fresh Cut Apple Wedges Choice Milk
	Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026
Hot Lunch	Premium Chicken Patty WG Bun, Ketchup Chilled Potato Salad Fava Bean Crisps, Carrot Slims Fruit Cup & Choice Milk	HV Grilled Cheese Sandwich Baby Carrots and dip Fresh Orange Choice of Milk at Checkout	All Beef Hot Dog Hot dog bun, ketchup & mustard Steamed Corn & Cucumbers Banana Choice of Milk	Chef's Choice Cold lunch Veggie of the day Fruit of the day Choice of Milk at Checkout	No School/Flex Day
Hot Lunch	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026
	No School	HV Mac n' Cheese Bites Mashed Potatoes Baby Carrots Fresh Orange Choice of Milk	Popcorn Chicken & Cheesy Hashbrowns Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Sliced Cucumbers w/ dip & WG Roll Bananas & Choice of Milk	Beef Taco Seasoned Beef Taco, WG Tortilla Fill the taco with Shred lettuce, shred Chedd&Romaine, Shred Carrots, Grape tomatoes & s Choice of Milk	Cheesy Lasagna Paired with Chopped Italian Salad Fresh Honeydew Melon Chunks Fresh Large Apple & Choice 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
	Roasted Chicken Drumstick Hearty Dinner Roll w/butter Mashed Potatoes Celery Sticks Fruit cup, Fruit Juice, & Choice Milk	HV Grilled Cheese Sandwich Baby Carrots w/ dip Fresh Orange Choice of Milk at Checkout	Hot Italian Beef Meatball Sub Marinara meatballs, WG sub, Mozzarella Cheese served separately Garden Greens w/ Ranch Dressing Bananas	HV Rosy Ravioli Crisp Broccoli, Carrot Slims & Dip Fresh Honeydew Chunks Choice of Milk	Chef's Choice Corn Dog Veggie of the day Fruit of the day Choice of Milk
Hot Lunch	What is a healthy portion size of meat according to the USDA? 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.		The USDA promotes portion control through the MyPlate guidelines, which recommend making half your plate fruits and vegetables. It also emphasizes controlling portions at restaurants, reading food labels, and using measuring cups and serving utensils to ensure consistent and appropriate amounts.		