

This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Rhetoric 9th Grade Only) Hot Lunch

Grade Level / Age Group : 9th Grade Menu subject to change without notice due to substitutions/weather ***Please Review Lunch Incident weather policy online

Meal Pattern : NSLP

Meal: Hot Lunch

January - 2026

Hot Lunch	1/5/2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	Friday, January 09, 2026	Week I
	Classic Hamburger	Chicken Pancake Bites W/Syrup	Walking Taco	Spicy Chicken Tender Shack	Mini Cheese Pizza Triangles	
	W/G Bun, Pickles & Ketchup	Potato Stix w/ Ketchup	Nacho Doritos, Seasoned Beef Taco Fill w/ Taco Rice, Shred lettuce, shred cheddar cheese & hot sauce	Chicken Tenders, WG Bun & Coleslaw	Chilled Honey Mustard Pasta	
	Baby Carrots & Dip	Crisp Celery	Cheesy Refried Beans	Sliced Cucumbers w/ dip	Greens Salad & dressing	
	Fruit Cup, Fruit Juice & Choice of Milk	Fresh orange, Fruit Juice & Choice Milk	Bananas & Choice of Milk	Fresh Honey dew melon chunks	Fresh Large Apple	
				Fruit Juice & Choice of milk at checkout	Choice of Milk	
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 Sandwich	Buttermilk Pancakes & Colby Cheese Omelet	All Beef Hot Dog	Chef's Choice Cold lunch	No School/Flex Day	
	WG Bun, Ketchup	Syrup PC	Hot dog bun, ketchup & mustard	Veggie of the day		
	Chilled Potato Salad	Fresh Baby Carrots	Steamed Corn & Cucumbers	Fruit of the day		
	Fava Bean Crisps, Carrot Slims	Crisp Celery & Fresh Orange	Bananas	Fruit Juice		
	Fruit Cup, Fruit Juice & Choice Milk	Fruit Juice & 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	Swedish Meatballs	Hot Honey Popcorn Chicken & Cheesy Hashbrowns	Beef Taco	Cheesy Lasagna	
		WG Roll	Popcorn Chicken/Hot Honey Sauce	Seasoned Beef Taco, WG Tortilla	Paired with Chopped Italian Salad	
		Mashed Potatoes & Baby Carrots	Creamy Cheesy Hashbrowns	Fill the taco with Shred lettuce, shred Cheddar, WG Beans, & Hot Sauce	Romaine, Shred Carrots, Grape tomatoes & sliced cucumbers	
		Fresh Orange, Fruit Juice	Sliced Cucumbers w/ dip & WG Roll	Fresh Honeydew Melon Chunks	Fresh Large Apple & Choice Milk	
		Choice of Milk and special Doritos	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
	Breaded Chicken Drumstick	Brunch Lunch	Hot Italian Beef Meatball Sub	HV Rosy Ravioli & WG Roll	Chef's Choice Corndog	
	Hearty Dinner Roll w/butter	French Toast sticks w/ syrup	Marinara meatballs, WG sub, Mozzarella Cheese served separately	Crisp Broccoli, Carrot Slims & Dip	Veggie of the day	
	Mashed Potatoes	Baby carrots w/ dip	Garden Greens w/ Ranch Dressing	Fresh Honeydew Chunks	Fruit of the day	
	Celery Sticks	Fresh Orange	Bananas	Choice of Milk	Choice of Milk	
	Fruit cup, Fruit Juice, & Choice Milk	Fruit Juice & Choice Milk	WG Garlic Roll, Choice Milk	Fruit Juice		
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	
					to ensure consistent and appropriate amounts.	