

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 Inclement 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
	<b>Classic Hamburger</b> W/G Bun, Pickles & Ketchup Baby Carrots & Dip Fruit Cup, Fruit Juice & Choice of Milk	<b>Chicken Pancake Bites W/Syrup</b> Potato Stix w/ Ketchup Crisp Celery Fresh orange, Fruit Juice & Choice Milk	<b>Walking Taco</b> Nacho Doritos, Seasoned Beef Taco Fill w/ Taco Rice, Shred lettuce, shred cheddar cheese & hot sauce Cheesy Refried Beans Bananas & Choice of Milk	<b>Spicy Chicken Tender Shack</b> Chicken Tenders, WG Bun & Coleslaw Sliced Cucumbers w/ dip Fresh Honey dew melon chunks Fruit Juice & Choice of milk at checkout	<b>Mini Cheese Pizza Triangles</b> Chilled Honey Mustard Pasta Greens Salad & dressing Fresh Large Apple 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
	<b>Premium Chicken Patty Sandwich</b> WG Bun, Ketchup Chilled Potato Salad Fava Bean Crisps, Carrot Slims Fruit Cup, Fruit Juice & Choice Milk	<b>Buttermilk Pancakes &amp; Colby Cheese Omelet</b> Syrup PC Fresh Baby Carrots Crisp Celery & Fresh Orange Fruit Juice & Choice Milk	<b>All Beef Hot Dog</b> Hot dog bun, ketchup & mustard Steamed Corn & Cucumbers Bananas Choice of Milk	<b>Chef's Choice Cold lunch</b> Veggie of the day Fruit of the day Fruit Juice Choice of Milk at Checkout	<b>No School/Flex Day</b>	
Hot Lunch	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026	Week III
	<b>No School</b>	<b>Swedish Meatballs</b> WG Roll Mashed Potatoes & Baby Carrots Fresh Orange, Fruit Juice Choice of Milk and special Doritos	<b>Hot Honey Popcorn Chicken &amp; Cheesy Hashbrowns</b> Popcorn Chicken/Hot Honey Sauce Creamy Cheesy Hashbrowns Sliced Cucumbers w/ dip & WG Roll Bananas & Choice of Milk	<b>Beef Taco</b> Seasoned Beef Taco, WG Tortilla Fill the taco with Shred lettuce, shred Chedd: Romaine, Shred Carrots, Grape tomatoes & s Fresh Honeydew Melon Chunks Choice of Milk	<b>Cheesy Lasagna</b> Paired with Chopped Italian Salad 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	Week IV
	<b>Breaded Chicken Drumstick</b> Hearty Dinner Roll w/butter Mashed Potatoes Celery Sticks Fruit cup, Fruit Juice, & Choice Milk	<b>Brunch Lunch</b> French Toast sticks w/ syrup Baby carrots w/ dip Fresh Orange Fruit Juice & Choice Milk	<b>Hot Italian Beef Meatball Sub</b> Marinara meatballs, WG sub, Mozzarella Cheese served separately Garden Greens w/ Ranch Dressing Bananas WG Garlic Roll, Choice Milk	<b>HV Rosy Ravioli &amp; WG Roll</b> Crisp Broccoli, Carrot Slims & Dip Fresh Honeydew Chunks Choice of Milk Fruit Juice	<b>Chef's Choice Corndog</b> 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.		