

# This institution is an equal opportunity provider

Menu Name : Great Oaks Academy (School of Logic 5th - 8th grade ) Hot Lunch					
No Dairy No Gluten (No Wheat) No Egg No Soy No sesame No Fish No peanuts No tree nuts		No Shell Fish No Sunflowers (seed, oil & butte		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
	Chicken Fried Rice	Beef Broccoli	Chicken Fajita W/ Rice	Beef Meatballs	Chicken & Potatoes
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Fruit of the day	Steamed Corn	Brown Rice	Steamed Carrots	Fresh Carrot Slims
	Choice of Milk	Fruit of the day	Black Beans	Fruit of the day	Choice of milk
		Choice of Milk	Corn Chips & Choice Milk		
Hot Lunch	Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026
	Yummy Beef Scallion	Chicken Sukkhar	Beef Fried Rice	Spice Rubbed Chicken Fillet	NO School/Inservice
	Golden Corn Chips	Steamed Rice	Fresh Broccoli	Steamed Rice	
	Black bean & Fresh Carrots	Steamed Green Beans		Baby Carrots	
	Fruit of the day	Fruit of the day	Fruit of the day	Fruit of the day	
	Choice of Milk	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
	No School	Beef Nachos	Marinated Chicken Fillet	Chicken Pilaf	Beef & Potatoes
		Taco Beef & Golden Corn Chips	Brown Rice	Crisp Broccoli	Steamed Rice
		Black bean & Corn	Fresh Baby Carrots	Fruit of the day	Steamed Peas
		Fruit of the day	Fruit of the day		Fruit of the day
	Choice of Milk	Choice milk	Choice of Milk	Choice milk	
Hot Lunch	Monday, January 26, 2026	Tuesday, January 27, 2026	Wednesday, January 28, 2026	Thursday, January 29, 2026	Friday, January 30, 2026
	Chicken Fried Rice	Beef Broccoli	Chicken Fajita W/ Rice	Beef Meatballs	Chicken & Potatoes
	Steamed Broccoli	Brown Rice	Seasoned Chicken & Peppers	Brown Rice	Steamed Rice
	Fruit of the day	Steamed Corn	Brown Rice	Steamed Carrots	Fresh Carrot Slims
	Choice of Milk	Fruit of the day	Black Beans	Fruit of the day	Choice of milk
	Choice of Milk	Choice of Milk	Corn Chips & 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	
				to ensure consistent and appropriate amounts.	