

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 & butter)		Meal Pattern : NSLP	
Hot Lunch	January - 2026				
	Chicken Fried Rice Steamed Broccoli Fruit of the day Choice of Milk	Beef Broccoli Brown Rice Steamed Corn Fruit of the day Choice of Milk	Chicken Fajita W/ Rice Seasoned Chicken & Peppers Brown Rice Black Beans Choice of Milk	Beef Meatballs Brown Rice Steamed Carrots Fruit of the day Corn Chips & Choice Milk	Chicken & Potatoes Steamed Rice Fresh Carrot Slims Choice of Milk
	Monday, January 05, 2026	Tuesday, January 06, 2026	Wednesday, January 07, 2026	Thursday, January 08, 2026	Friday, January 09, 2026
	Yummy Beef Scallion Golden Corn Chips Black bean & Fresh Carrots Fruit of the day Choice of Milk	Chicken Sukkhar Steamed Rice Steamed Green Beans Fruit of the day Choice Milk	Beef Fried Rice Fresh Broccoli Baby Carrots Fruit of the day Choice of Milk	Spice Rubbed Chicken Fillet Steamed Rice Baby Carrots Fruit of the day Choice of Milk at Checkout	NO School/Inservice
	Monday, January 12, 2026	Tuesday, January 13, 2026	Wednesday, January 14, 2026	Thursday, January 15, 2026	Friday, January 16, 2026
Hot Lunch	No School Taco Beef & Golden Corn Chips Black bean & Corn Fruit of the day Choice of Milk	Beef Nachos Brown Rice Fresh Baby Carrots Fruit of the day Choice milk	Marinated Chicken Fillet Crisp Broccoli Fruit of the day Choice of Milk	Chicken Pilaf Steamed Rice Steamed Peas Fruit of the day Choice milk	Beef & Potatoes Steamed Rice Steamed Peas Fruit of the day Choice milk
	Monday, January 19, 2026	Tuesday, January 20, 2026	Wednesday, January 21, 2026	Thursday, January 22, 2026	Friday, January 23, 2026
	Chicken Fried Rice Steamed Broccoli Fruit of the day Choice of Milk	Beef Broccoli Brown Rice Steamed Corn Fruit of the day Choice of Milk	Chicken Fajita W/ Rice Seasoned Chicken & Peppers Brown Rice Black Beans Choice of Milk	Beef Meatballs Brown Rice Steamed Carrots Fruit of the day Corn Chips & Choice Milk	Chicken & Potatoes Steamed Rice Fresh Carrot Slims Choice of Milk
	Monday, January 26, 2026	Tuesday, January 27, 2026	Wednesday, January 28, 2026	Thursday, January 29, 2026	Friday, January 30, 2026
	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 for serving sizes, and using measuring cups and serving utensils to ensure consistent and appropriate amounts.
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