

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

February - 2026

Hot Lunch	Monday, February 02, 2026	Tuesday, February 03, 2026	Wednesday, February 04, 2026	Thursday, February 05, 2026	Friday, February 06, 2026	Week I
	Hot Nashville Chicken Tenders Ranch dip Carrot slims & dip Fruit cup & fruit juice WG Roll & Choice Milk	Cheeseburger Bun, Chz slice w/ketchup & Mayo Potato smiles Carrot slims & Fresh Orange Fruit Juice & Choice Milk	Alfredo Penne Sliced Cucumbers & Dip Bananas Choice Milk Confetti Cookie	Pulled Chicken Taco Seasoned Pulled Chicken taco, WG Tortilla Fill the taco with Shred lettuce, Shred cheez Seasoned Black Beans Fresh Honey Dew chunks, Fruit Juice & milk	Max Cheez' Breadsticks Seasoned Warm Red Sauce Caesar salad (Fresh greens, croutons, cheese & caesar dressing) Fresh Large Apple Choice of Milk at Checkout	
Hot Lunch	Monday, February 09, 2026	Tuesday, February 10, 2026	Wednesday, February 11, 2026	Thursday, February 12, 2026	Friday, February 13, 2026	Week II
	Mandarin Orange Chicken Veggie Fried Rice Celery Sticks, Carrots & dip Fruit Cup & Fruit Juice Choice Milk	Premium Chicken Nuggets Mix or Match sauce (ranch/buffalo) Mashed Potatoes Carrot slims, WG Roll, Fresh Orange & Fruit Juice Choice Milk	Penne Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG buttered Penne w/warm toast Top with Shred Mozz	Premium Corn Dog WG Chicken Corn Dog served with Ketchup CKC Baked Beans & Cucumbers	No School/Flex Day Fresh Honeydew Chunks & Fruit Juice Choice of Milk at Checkout	
Hot Lunch	Monday, February 16, 2026	Tuesday, February 17, 2026	Wednesday, February 18, 2026	Thursday, February 19, 2026	Friday, February 20, 2026	Week III
	No School	Fun Brunch Chicken Pancake Bites w/ syrup Potato Stix w/ Ketchup Crisp Celery Fresh Orange, Fruit Juice & Choice Milk	Walking Taco NachoDoritos, Seasoned Beef Taco Fill with taco rice, shred lettuce, shred cheez Cheesy Refried Beans Bananas & Choice Milk	Spicy Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or Savor the tenders solo Sliced Cucumbers w/ dip Fresh Honeydew chunks, Fruit juice & Choice Milk	Mini Cheese Pizza Triangles Chilled Honey Mustard Pasta Green Salad & Dressing Fresh Large Apple Fresh Honeydew chunks, Fruit juice & Choice Milk	
Hot Lunch	Monday, February 23, 2026	Tuesday, February 24, 2026	Wednesday, February 25, 2026	Thursday, February 26, 2026	Friday, February 27, 2026	Week IV
	Premium Chicken Patty Sandwich WG Bun, Ketchup Chilled Potato Salad Fava Bean Crisps, Carrot Slims Fruit cup, Fruit Juice & choice Milk	Buttermilk Pancakes & Colby Cheese Omelet Syrup PC Fresh Baby Carrots Crisp Celery & fresh orange Fruit Juice & Choice Milk	All Beef Hotdog Hotdog bun, Ketchup & Mustard Steamed Corn & Cucumbers Bananas, Flamas Choice of Milk	HV French Bread Pizza Crisp Broccoli w/ dip Fresh Honeydew Chunks Fruit Juice & Choice of Milk	Chef's Choice Cold Sack Lunch Veggie of the day Fruit of the day Choice of Milk Veggie Juice	
Hot Lunch	<p>What is a healthy portion size of meat according to the USDA?</p> <p>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.</p>			<p>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.</p>		