

Hope Charter Lunch

January 1 - January 31

# What's Cooking Today?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Happy New Year!	2  <b>SCHOOL CLOSED</b>	3  <b>SCHOOL CLOSED</b>
6 W/G Mini Cheese Quesadillas - 3 Black Beans - 3/4c Cherry Craisins - 1/2c Milk - 8oz	7 Beef Meatloaf w/Ketchup - 3oz French Fries -3/4c Wheat Dinner Roll - 1 Applesauce Cup - 1/2 c. Milk - 8oz	8 Cheese Lasagna with Meat Sauce-4 oz. Green Beans-3/4c. Whole Wheat Dinner Roll - 1 Fresh Banana-1 Milk -8oz	9 <b>BREAKFAST FOR LUNCH</b> French Toast Sticks-3 w/Syrup Turkey Sausage Links-3 Fresh Baby Carrots w/ Dip-1c. Mixed Fruit Cup - 1/2c Milk - 8oz	10 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
13 Grilled Chicken Fillet w/ Gravy-3 oz. Mashed Potatoes-3/4 c. Orange Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	14 W/G Popcorn Chicken-3.8 oz. w/ Sweet & Sour Sauce Green Beans-3/4 c. Fresh Apple-1 Whole Grain Bread - 1 Milk - 8oz	15 All Beef Hamburger on a Whole Wheat Bun-1 Diced Carrots-1c. Fresh Banana-1 Milk 8oz	16 Salisbury Steak with Gravy - 3oz. Black Beans - 3/4c Applesauce Cup-1/2 c. Whole Grain Bread -1 Milk - 8oz	17 <b>COLD LUNCH/ EARLY DISMISSAL</b> W/W Wow Butter Strawberry Jelly Jammer - 1 3 Bean Salad Cup- 3/4c. Cherry Craisins - 1/2c Milk - 8oz.
20 <b>MARTIN LUTHER KING JR DAY</b> <b>SCHOOL CLOSED</b>	21 BBQ Beef Riblet on Wheat Hamburger Bun - 1 French Fries - 3/4c. Fresh Apple-1 Milk - 8oz	22 Tri Color Tortellini w/ Alfredo Sauce - 3oz Diced Carrots -1c Diced Pear Cup-1/2 c. Whole Grain Bread - 1 Milk-8oz	23 Chicken Meatballs w/ Teriyaki Sauce - 3oz. Oriental Mixed Vegetables - 3/4c. Fresh Apple-1 Whole Wheat Dinner Roll -1 Milk - 8oz	24 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz
27 Basil & Mozzarella Chicken Meatballs w/ Sauce -3oz Green Beans - 3/4c Cherry Craisins - 1/2c Wheat Dinner Roll -1 Milk - 8oz	28 Hot Turkey w/ Gravy -3oz Mashed Potatoes - 3/4c Fresh Orange - 1 Whole Grain Bread - 1 Milk - 8oz	29 W/G Chicken Nuggets - 3.5oz Diced Carrots -1c Fresh Apple - 1 Wheat Dinner Roll - 1 Milk- 8oz	30 Macaroni & Cheese - 6oz Black Beans - 3/4c Whole Grain Bread -1 Fresh Banana - 1 Milk - 8oz	31 W/G Dominos Pizza Slice-1 Romaine Salad w/ Dressing-1.5c. Fresh Orange-1 Milk - 8oz

*Hope Academy Charter School (HACS) is a free, open-enrollment public school that is required by law to serve all students. HACS is open on a space available basis and shall not discriminate in our admission policies or practices based on intellectual, athletic ability, measures of achievement or aptitude, special education status, proficiency in the English language or any other basis.*

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