

January 4		Set the starting date in cell C2. Rows 3 and 4 will automatically update with the correct dates and days of the week.			
MS/HS SCHOOL MENUS					
1/4		1/5		1/6	
MONDAY		TUESDAY		WEDNESDAY	
A & B GROUPS MEALS AT HOME		HYBRID		HYBRID	
<b>CYCLE 1</b>	Group A Meals at Home (Three day Meal Kit PU in TH Curbside)	Group A Meals In School	Group B Meals in School	Group A Meals In School	Group B Meals in School
Breakfast	Cereal, Fruit, Milk	Cheese cubes & fruit with Cheddar Goldfish crackers & milk	Cheese cubes & fruit with Cheddar Goldfish crackers & milk	Whole Grain Banana Muffin, fruit & Milk	Whole Grain Banana Muffin, fruit & Milk
Snack	Snack- Sunchips and 4 oz Salsa (USDA)	Snack- Choc Chunk Granola Bar, Juice	Snack- Choc Chunk Granola Bar, Juice	Snack- Pretzels Whole Fruit	Snack- Pretzels Whole Fruit
Lunch	Soft Tacos, Beans, Seasoned Pineapple milk	Chicken Tenders , Potato Wedges, Spiced Peaches, Milk	Chicken Tenders , Potato Wedges, Spiced Peaches, Milk	Pepperoni Pizza Boat, Applesauce, Side Salad, Milk	Pepperoni Pizza Boat, Applesauce, Side salad, Milk
	Group B Meals at Home (Three day Meal Kit PU in TH Curbside)	Group B Meals at Home (Three day Meal Kit)	Group A Meals at Home (Three day Meal Kit)	Group B Meals at Home (Three day Meal Kit)	Group A Meals at Home (Three day Meal Kit)
	Cereal, Fruit, Milk	Sausage Biscuit, Fruit, Milk	Sausage Biscuit, Fruit, Milk	Whole Grain Pop Tart, Fruit, milk	Whole Grain Pop Tart, Fruit, milk
	Snack- Sunchips and 4 oz Salsa (USDA)	Snack- Corn Muffin and Peach Cup (USDA)	Snack- Corn Muffin and Peach Cup (USDA)	Cheddar Smart Popcorn, Whole Fruit	Cheddar Smart Popcorn, Whole Fruit
	Soft Tacos, Refried Beans, Seasoned Pineapple, Milk	Pork Totchos w/ Spiced Peaches & Milk	Pork Totchos w/ Spiced Peaches & Milk	Twisted Chicken Alfredo, Steamed Broccoli, Applesauce, Milk	Twisted Chicken Alfredo, Steamed Broccoli, Applesauce, Milk
	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>
	MEALS RECIEVED IN <b>THURSDAY PICK UP</b> FOR SCHOOL MEALS AT HOME			MEALS RECIEVED IN <b>TUES PICK UP</b> FOR SCHOOL MEALS AT HOME	
	Cereal, Fruit, Milk	Sausage Biscuit, Fruit, Milk	Whole Grain Pop Tart, Fruit, milk	Cheese cubes, Fruit & Cheddar Goldfish Cracker, Milk	Whole Grain Banana Muffin, Fruit, milk
	Snack- Sunchips and 4 ozSalsa (USDA)	Snack- Corn Muffin and Peach Cup (USD)	Cheddar Smart Popcorn , Whole Fruit	Snack- Choc Chunk Granola Bar, Juice	Snack- Pretzels, Whole Fruit
	Soft Tacos, Refried Beans, Seasoned Pineapple, Lowfat Milk	Pork Totchos W/ Spiced Peaches & Milk	Twisted Chicken Alfredo, Steamed Broccoli, Applesauce, Milk	Chicken Tenders , Potato Wedges, Spiced Peaches, Milk	Pepperoni Pizza Boat, Applesauce, Side salad, Milk
1/11		1/12		1/13	
MONDAY		TUESDAY		WEDNESDAY	
A & B GROUPS MEALS AT HOME		HYBRID		HYBRID	
<b>CYCLE 2</b>	Group A Meals at Home (Three day Meal Kit)	Group A Meals In School	Group B Meals in School	Group A Meals In School	Group B Meals in School
Breakfast	Cereal, Fruit, Milk	Yogurt Cup, Fruit, Grahams,Milk	Yogurt Cup, Fruit, Grahams, Milk	Whole Grain Blueberry Muffin, Fruit, Milk	Whole Grain BlueBerry Muffin, Fruit, Milk
Snack	Apple Slices, Sunbutter Dip	Snack- Doritos Cool Ranch, 4 oz Salsa	Snack- Doritos Cool Ranch, 4 oz Salsa	Snack- Strawberry Chex Mix, Juice	Snack- Strawberry Chex Mix, Juice
Lunch	Spaghetti With Meat Sauce, Steamed Broccoli, Applesauce, Milk	Cheesy Flatbread Melt, Side Salad, Apple & Milk	Cheesy Flatbread Melt, Side Salad, Apple & Milk	Cheese Burger, Green Beans, Warm Spiced Peaches & Milk	Cheese Burger, Green Beans, Warm Spiced Peaches & milk
	Group B Meals at Home (Three day Meal Kit)	Group B Meals at Home (Three day Meal Kit)	Group A Meals at Home (Three day Meal Kit)	Group B Meals at Home (Three day Meal Kit)	Group A Meals at Home (Three day Meal Kit)
	Cereal, Fruit, Milk	Chicken Biscuit, Fruit, Milk	Chicken Biscuit, Fruit, Milk	Heat & Serve Pancakes Fruit, milk	Heat & Serve Pancakes Fruit, milk
	Snack- Apple Slices Sunbutter Dip	Snack- Carrots Dippers & Hummus	Snack- Carrots Dippers & Hummus	Snack-Whole Grain Tortilla Chips, Salsa (USDA)	Snack-Whole Grain Tortilla Chips, Salsa (USDA)

	Spaghetti With Meat Sauce, Steamed Broccoli, Applesauce, Milk	PopCorn Chicken Bowl,Cheesy Mashed Potatoes & Gravy, Buttered Corn, Apple Sauce & Milk	PopCorn Chicken Bowl,Cheesy Mashed Potatoes & Gravy, Buttered Corn, Apple Sauce & Milk	Chicken Taquitos, Refried Beans, Corn, Milk	Chicken Taquitos, Refried Beans, Corn, Milk
	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>
	MEALS RECIEVED IN <b>THURSDAY PICK UP</b> FOR SCHOOL MEALS AT HOME			MEALS RECIEVED IN <b>TUES PICK UP</b> FOR SCHOOL MEALS AT HOME	
	Cereal, Fruit, Milk	Chicken Biscuit, Fruit, Milk	Heat & Serve Pancakes, Fruit, milk	Yogurt Cup, Fruit, Grahams, Milk	Whole Grain BlueBerry Muffin, Fruit, Milk
	Snack- Apple Slices, Sunbutter Dip	Snack Carrot Dippers & Hummus	Snack- Whole Grain Tortilla Chips, Salsa (USDA)	Snack- Cool Ranch Doritos and 4oz Salsa cup	Snack- Strawberry Chex Mix, Juice
	Spaghetti With Meat Sauce, Steamed Broccoli, Applesauce, Milk	PopCorn Chicken Bowl,Cheesy Mashed Potatoes & Gravy, Buttered Corn, Apple Sauce & milk	Chicken Taquitos, Refried Beans, Corn, Milk	Cheesy Flatbread Melt, Side Salad, Apple & Milk	Cheese Burger, Green Beans, Warm Spiced Peaches & Milk
	<b>1/18</b>	<b>1/19</b>	<b>1/20</b>	<b>1/21</b>	<b>1/22</b>
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>A &amp; B GROUPS MEALS AT HOME</b>	HYBRID	HYBRID	HYBRID	HYBRID
<b>CYCLE 3</b>	<b>Group A Meals at Home (Three day Meal Kit PU in TH Curbside)</b>	<b>Group A Meals In School</b>	<b>Group B Meals in School</b>	<b>Group A Meals In School</b>	<b>Group B Meals in School</b>
Breakfast	Cereal, Fruit, Milk	Mozz. Cheese Stick & fruit with Goldfish Graham crackers & milk	Mozz. Cheese Stick & fruit with Goldfish graham crackers & milk	Whole Grain Cinnamon Bun, Fruit, milk	Whole Grain Cinnamon Bun, Fruit, milk
Snack	Snack- Sunflower Seeds, Whole Fruit	Snack- Chocolate Muffin & Milk	Snack- Chocolate Muffin & Milk	Snack- Cheddar Stick & Meat Stick w/ Juice	Snack- Cheddar Stick & Meat Stick w/ Juice
Lunch	Shredded Pork Burrito, Beans, Seasoned pineapple milk	Crispy Chicken Sandwich, Potato Wedges, Spiced Pears, Milk	Crispy Chicken Sandwich, Potato Wedges, Spiced Pears, Milk	Turkey & Ham Flatbread, Fresh Fruit, Baby Carrots, Milk	Turkey & Ham Flatbread, Fresh Fruit, Baby Carrots, Milk
	<b>Group B Meals at Home (Three day Meal Kit PU in TH Curbside)</b>	<b>Group B Meals at Home (Three day Meal Kit)</b>	<b>Group A Meals at Home (Three day Meal Kit)</b>	<b>Group B Meals at Home (Three day Meal Kit)</b>	<b>Group A Meals at Home (Three day Meal Kit)</b>
	Cereal, Fruit, Milk	Breakfast Burrito, Fruit, Milk	Breakfast Burrito, Fruit, Milk	Whole Grain Apple Bites, Fruit, milk	Whole Grain Apple Bites, Fruit, milk
	Snack- Sunflower Seeds, Whole Fruit	Snack- Zee Zee Bar, Fruit	Snack- Zee Zee Bar, Fruit	Snack- Fritos Corn Chips and 4 oz Salsa	Snack- Fritos Corn Chips and 4 oz Salsa
	Shredded Pork Burrito, Blackbeans, Seasoned pineapple, lowfat milk	Orange Crunch Chicen, Brown Rice, Seasoned Pineapple, Carrots & Milk	Orange Crunch Chicen, Brown Rice, Seasoned Pineapple, Carrots & Milk	Buffalo Chicken Mac, Green Beans, Applesauce, Lowfat Milk	Buffalo Chicken Mac, Green Beans, Applesauce, Lowfat Milk
	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>	<b>100% Virtual Learner</b>
	MEALS RECIEVED IN <b>THURSDAY PICK UP</b> FOR SCHOOL MEALS AT HOME			MEALS RECIEVED IN <b>TUES PICK UP</b> FOR SCHOOL MEALS AT HOME	
	Cereal, Fruit, Milk	Heat & Serve Breakfast Burrito, fruit & milk	Whole Grain Apple Bites, Fruit, milk	Mozz. Cheese Stick & fruit with Goldfish graham crackers & milk	Whole Grain Cinnamon Bun, Fruit, milk
	Snack- Sunflower Seeds, Whole Fruit	Snack- Zee Zee Bar, Fruit	Snack- Fritos Corn Chips and 4 oz Salsa	Snack- Chocolate Muffin & Milk	Snack- Cheddar Stick & Meat Stick & juice
	Shredded Pork Burrito, Black Beans, Seasoned Pineapple, Lowfat Milk	Orange Crunch Chicken, Brown Rice, Seasoned Pineapple, Carrots & Milk	Buffalo Chicken Mac, Green Beans, Applesauce, Lowfat Milk	Crispy Chicken Sandwich, Potato Wedges, Spiced Pears, Milk	Turkey & Ham Flatbread, Fresh Fruit, Baby Carrots, Milk