

School meals are consistent with the Dietary Guidelines for Americans. We offer all whole rich grain bread products and a variety of fruits and vegetables weekly. In addition we offer **1% plain milk**. All **salad dressings** are either **low-fat or non-fat**.
Water is available with all meals.



Fueling Student Performance Through Healthy Dining

by **sodexo**

Midlands STEM Charter Lunch Menu – January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Sandwich Fruit Fries	4 BBQ Chicken Sandwich Baked Beans Fruit	5 Chicken Alfredo Steamed Broccoli Fruit	6 Cheese Pizza Fruit Sweet Potato Fries	7 Deli Turkey Sandwich Carrots Fruit
10 Hamburger Fruit Fries	11 BBQ Chicken & Rice Baked Beans Fruit	12 Chicken Stir Fry w/ Rice Fruit Steamed Broccoli	13 EARLY DISMISSAL/HALF DAY BAG LUNCH American Sandwich Fresh Baby Carrots Ranch Dressing Fresh Apple	14 TEACHER WORKDAY/ INSERVICE NO SCHOOL
17 MLK JR. DAY HOLIDAY NO SCHOOL	18 BBQ Chicken Sandwich Baked Beans Fruit	19 Chicken Alfredo Steamed Broccoli Fruit	20 Cheese Pizza Fruit Sweet Potato Fries	21 Deli Turkey Sandwich Carrots Fruit
24 Hamburger Fruit Fries	25 BBQ Chicken & Rice Baked Beans Fruit	26 Chicken Stir Fry w/ Rice Fruit Steamed Broccoli	27 Cheese Pizza Fruit Sweet Potato Fries	28 Uncrustables Carrots Fruit
31 Chicken Sandwich Fruit Fries				Midlands STEM will provide Milk. Menu is Subject to Change Due to product availability

PORTION SIZES

MILK: 8 OZ
 ALL ENTREES ARE 1 EACH AND CONTAIN 0.5 OZ GRAIN AND 1.5 OZ MEAT / MEAT ALTERNATIVE

FRUIT & VEGETABLE SIDES: 4 OZ

COMBINATION FOODS: SERVING SIZE 4 OZ
 *YOGURT: 4 OZ. <23G OF SUGAR PER 6 OZ
 **CEREALS: REDUCED SUGAR; <6 OZ PER DRY OZ; WHOLE GRAIN

This institution is an equal opportunity provider.