

JANUARY 2025 STARK COUNTY JUNIOR HIGH/ HIGH SCHOOL MENU

<p><b>6 Monday</b>  <b>NO SCHOOL</b></p>	<p><b>7 Tuesday</b> WG Cereal, WG Breakfast Pizza 44 gm, Fruit, Juice</p> <p>WG Bun 26 gm, Tenderloin 14 gm or Chef Salad or Deli Sandwich or Yogurt Meal <b>Green Beans 4 gm, Mixed Fruit 22 gm, Fresh Fruit and Veggies</b></p>	<p><b>8 Wednesday</b> WG Cereal, WG Bagel-cream cheese, Fruit, Juice</p> <p>WG Pretzel 30 gm Cheese Sauce 6 gm, Chicken Noodle Soup, Crackers or Strawberry Smoothie or Yogurt Meal or Chef Salad or Deli Sandwich <b>Romaine 1.5 gm, Peaches 14 gm, Fresh Fruit and Veggies</b></p>	<p><b>9 Thursday</b> WG Cereal, Pancakes, Syrup 20 gm, Fruit, Juice</p> <p>Rebel Nachos (WG Tortilla Chips, Taco Meat, Queso Blanco Cheese) or Chicken or Cheese Quesadilla or Chef Salad or Yogurt Meal or Deli Sandwich <b>Refried Beans 24 gm, Salsa 8 gm, Fresh Fruit and Veggies</b></p>	<p><b>10 Friday</b> WG French Toast Sticks <b>42 gm</b>, Syrup <b>20 gm</b>, Fruit or Juice</p> <p>WG Bun 26 gm, Bacon Cheeseburger 3 gm or Deli Sandwich, Salad or Yogurt Meal, <b>Oven Potatoes 22 gm, Pears 16 gm, Sidekicks 23 gm, Fresh Fruit and Veggies</b></p>
<p><b>13 Monday</b> WG Pancakes, Syrup 20 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun <b>28g</b>, BBQ Rib <b>8gm</b>, or WG Pepperoni Panini <b>30gm</b> or Salad <b>30gm</b> or Deli Sandwich or Yogurt Meal <b>Sweet Potato Fries 23 gm, Baked Beans 24 gm, Rosy Applesauce 22 gm, Fresh Fruit and Veggies</b></p>	<p><b>14 Tuesday</b> WG Cereal, Combo Bar 8 gm, Fruit, Juice</p> <p>WG Cheese Bites or Chef Salad or Deli Sandwich or Yogurt Meal <b>Marinara Sauce 7 gm, Green Beans 4 gm, Mixed Fruit 22 gm, Fresh Fruit and Veggies</b></p>	<p><b>15 Wednesday</b> WG Cereal, Cinnamon Roll 42 gm, Fruit, Juice</p> <p>WG Corn Dogs 60 gm or Smoothie Meal or Deli Sandwich or Salad, or Yogurt Meal, <b>Broccoli w/ Cheese 10 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</b></p>	<p><b>16 Thursday</b> WG Cereal, WG Mini Chocolate Donuts 41 gm, , Fruit, Juice</p> <p>WG Toasted Cheese, Tomato Soup, Crackers or Chicken or Cheese Quesadilla or Salad, or Deli Sandwich, or Yogurt Meal, <b>Romaine 1.5 gm, Pears 16 gm, Fresh Fruit and Veggies</b></p>	<p><b>17 Friday</b> Biscuit <b>26 gm</b>, Sausage and Gravy <b>8 gm</b>, WG Cereal, Fruit, Juice</p> <p>WG Chili Crispito 69 gm or Deli Sandwich, or Yogurt Meal, Salad, <b>Corn 16 gm, Peaches 14 gm, Ice Cream Cup 15 gm, Fresh Fruit and Veggies</b></p>
<p><b>20 Monday</b>  <b>NO SCHOOL</b></p>	<p><b>21 Tuesday</b> WG Breakfast Bar 47 gm,, WG Cereal, Fruit, Juice</p> <p>WG Bun 26 gm, WG Chicken Patty 16 gm, or Deli Sandwich or Salad or Yogurt Meal, <b>Oven Potatoes 22 gm, Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies</b></p>	<p><b>22 Wednesday</b> , WG Cereal, Muffin, Fruit, Juice</p> <p>Taco in a Bag (Taco Meat, Shredded Cheese, Chips) or Smoothie Meal or Yogurt Meal or Deli Sandwich or Salad <b>Refried Beans 24 gm, Salsa 8 gm, Pineapple 17 gm, Fresh Fruit and Veggie</b></p>	<p><b>23 Thursday</b> WG Cereal, WG Breakfast Pizza 44 gm, Fruit, Juice</p> <p>WG Maxx Sticks 32 gm, Chili, Crackers or Deli Sandwich or Yogurt Meal, or Salad or Cheese or Chicken Quesadilla <b>38g, Romaine 1.5 gm, Mixed Fruit 22 gm, Fresh Fruit and Veggies</b></p>	<p><b>24 Friday</b> WG Cereal, WG Mini Cinnamon and Sugar Donuts 40 gm, Fruit, Juice</p> <p>WG Pizza or Deli Sandwich or Salad Yogurt Meal, <b>Green Beans 4 gm, Peaches 14 gm, Fresh Fruit and Veggies</b></p>

<p><b>27 Monday</b> WG Waffle 24 gm, Syrup 20 gm, WG Cereal, Fruit, Juice</p> <p>WG Bosco Sticks 50 gm, Ravioli 36 gm or WG Pepperoni Panini <b>30g</b> or Salad, Deli Sandwich or Yogurt Meal, <b>Peas 4 gm, Carrots 6 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</b></p>	<p><b>28 Tuesday</b> WG Cereal, WG English Muffin <b>21 gm</b>, Egg Patty <b>1 gm</b>, Cheese Slice <b>2 gm</b>, Fruit, Juice</p> <p>WG Roll, WG Chicken or Deli Sandwich or Salad or Yogurt Meal, <b>Mashed Potatoes/Gravy, Rosy Applesauce 22 gm, Fresh Fruit and Veggies</b></p>	<p><b>29 Wednesday</b> <u>WG Cereal</u>, WG Pigs in a Blanket 30 gm, , Syrup <b>20 gm</b>, <u>Fruit, Juice</u></p> <p>WG Bun 22 gm, Hot Dog 1 gm or Chili Dog 5 gm Salad, Yogurt Meal, Strawberry Smoothie Meal, Deli Meal <b>Romaine 1.5 gm, Pineapple 17 gm, Fresh Fruit and Veggies</b></p>	<p><b>30 Thursday</b> WG Cereal, WG Croisannt 29 gm, Sausage 1 gm, Egg Patty 1 gm Cheese Slice 2 gm, Fruit, Juice</p> <p>WG Tortillas 42 gm, Taco Meat, Shredded Cheese or Chicken or Cheese Quesadilla or Salad or Deli Sandwich or Yogurt Meal <b>Refried Beans 24 gm, Salsa 8 gm, Pears 16 gm Fresh Fruit and Veggie</b></p>	<p><b>31 Friday</b> WG Cereal, WG Long John Donut 33 gm, Fruit, Juice</p> <p>WG Pizza Crunchers 82 gm or Yogurt Meal or Deli Sandwich or Salad <b>Peaches 14 gm, Green Beans 4 gm, Marinara Sauce 7 gm Jello w/ Whip Topping 17 gm, Fresh Fruit and Veggies</b></p>
<p><b>MENU IS SUBJECT TO CHANGE</b></p> <p>1% White, Chocolate or Strawberry are offered at all Meals.</p>	<p>Breakfast is served everyday starting at 7:30 a.m.</p>	<p><b>Breakfast Is offer vs serve. Students must take 3 of 4 Items served. Lunch Is also offer vs serve. students must take 3 of 5 Items served and 1 Item must be ½ cup of fruit of veggles</b></p>	<p>Mashed Potatoes contain sulfates and can cause allergic reactions.</p> <p>. Ranch Dressing, French Dressing, Ketchup. Mustard and BBQ Sauce and Hot Sauce are offered at Lunch</p>	<p>A Plant Based Meal is offered everyday.</p> <p><u>Cereal</u>- Marsh Matey-22g, Cinnamon Toasters 24g, Honey Graham 22g <u>Juice</u>- Apple 13 g, Fruit Punch 14 g, <u>OF</u> 13 g, Grape 19g <u>Poptart</u>- Strawberry- 75g, Cinnamon 73 g, Blueberry 72 g</p>