

Hood Elementary Lunch Menus

JAN 2	JAN 3	JAN 4	JAN 5	JAN 6
Breakfast Milk (Optional) NO SCHOOL	Breakfast Cereal w/ Toast / Jelly or Egg Omelet/Toast w/ Jelly Grits Applesauce Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Or French Toast Stick w/ Syrup Peaches Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Or Sausage w/ Biscuit Grits Mixed Fruit Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Or Egg in a pancake/ syrup Orange Juice (4oz) Milk (Optional)
Lunch Choice #1 Choice #2 Choose up to 3 more items Milk (Optional)	Lunch Choice #1 Cheese Pizza Choice #2 BBQ Pork w/ Bun Choose up to 3 more items Baked Beans Corn Tossed Salad w/ Spinach Orange Wedge 100% Fruit Juice Milk (Optional) ASP 1/2 Apple w/ 1oz Cheese 1/2 Orange w/ 1oz Cheese Milk Choice	Lunch Choice #1 Oven Fried Chicken Choice #2 Country Steak Choose up to 3 more s Roll Mashed Potatoes/Gravy Green Peas Cole Slaw Tossed Salad Pear Halves 100% Fruit Juice Milk (Optional) ASP Animal Crackers Scooby-Doo Crackers Juice	Lunch Choice #1 Beef Nacho Choice #2 Chicken Fajita Choose up to 3 more items Mexican Rice Black Bean Salad Shredded Lettuce/Tomato Baby Carrots w/ Dip Apple Cobbler 100% Fruit Juice Milk (Optional) ASP Pop Tart Cinnamon Toast Crunch Milk Choice	Lunch Choice #1 Chicken Noodle Soup/ Grilled Cheese Choice #2 Hot Ham & Cheese/Bun Choose up to 3 more items Potato Wedge Veggie Dippers w/ Dip Tossed Salad Assorted Fresh Fruit 100% Fruit Juice Milk (Optional) ASP Cheese-it Sun Chips Juice



Hood Elementary Lunch Menus

JAN 9	JAN 10	JAN 11	JAN 12	JAN 13
Breakfast Cereal w/ Toast / Jelly or Cinnamon Toast Orange Wedges Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Or Egg w/ Bacon & Cheese Grits Applesauce Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Breakfast Pizza Grits Pineapple Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Oatmeal w/ Toast Peaches Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Chicken w/ Biscuit Grits Milk (Optional)
Lunch Choice #1 Hamburger w/ Bun / Cheese Choice #2 Turkey & Cheese Roll-Up Choose up to 3 more items Tater Tots Lettuce/Tomato/Dills Broccoli Salad Tossed Salad Spiced Apples 100% Fruit Juice Milk (Optional) ASP Muffin Soft Pretzel Juice	Lunch Choice #1 Sea Shell Spaghetti Choice #2 Chicken Alfredo Choose up to 3 more items Garlic Texas Toast Italian Green Beans Baby Limas Tossed Salad w/ Spinach Chilled Peaches 100% Fruit Juice Milk (Optional) ASP Yogurt w/ Va.Waffers ½ Ham Sandwich Juice	Lunch Choice #1 Chicken Nuggets Choice #2 Beef Fingers Choose up to 3 items Roll Whipped Potatoes/ Gravy Broccoli W/ Cheese Roasted Vegetables Tossed Salad Orange Wedges 100% Fruit Juice Milk (Optional) ASP Fresh Pears Banana Milk Choice	Lunch Choice #1 Taco Salad Choice #2 Bean & Cheese Burrito Choose up to 3 more items Mexican Corn Bread Buttered Corn Red Beans Baby Carrots w/ Dip Shredded Lettuce/ Tomato Flavored Applesauce 100% Fruit Juice Milk (Optional) ASP Veggie Dippers Grapes w/ 1oz Cheese Milk Choice	Lunch Choice #1 Vegetable Soup w/ ½ Grilled Cheese Choice #2 Chili/Cheese/Corn Chips Choose up to 3 more items Potato Smiles Veggie dippers / Dip Tossed Salad w/ Spinach Grapes 100% Fruit Juice Milk (Optional) ASP Cereal Granola Bar Milk Choice

Lunch includes a meat, bread, up to 2 vegetables, 1 fruit, and milk. Please choose at least 3 items.



Hood Elementary Lunch Menus

JAN 16	JAN 17	JAN 18	JAN 19	JAN 20
Breakfast Milk (Optional) NO SCHOOL	Breakfast Cereal w/ Toast / Jelly Sausage & Pancake on Stick w/ Syrup Grits Peaches Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Cheese Egg w/ Toast Grits Applesauce Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Yogurt w/ Toast Orange Wedges Milk (Optional)	Breakfast Cereal w/ Toast / Jelly Cheese Toast Orange Juice 4oz Milk (Optional)
Lunch Choice #1 Choice #2 Choose up to 3 more items Milk (Optional)	Lunch Choice #1 Cheese Tortellini w/ sauce Garlic Texas Toast Choice #2 Chicken Pot Pie w/ Biscuit Choose up to 3 more items Green Beans Calif. Blend Vegetables Tossed Salad Apple Wedges 100% Fruit Punch Milk (Optional) ASP Cheese w/ Ritz Chex Mix Juice	Lunch Choice #1 Country Fried steak Choice #2 Baked Ham Choose up to 3 more Biscuit Rice / Gravy Green Peas Oven Roasted Squash Pineapple 100% Fruit Punch Milk (Optional) ASP Choc. Elf Crackers Cinn. Elf Crackers Juice	Lunch Choice #1 Taco Salad Choice #2 Cheese Quesadilla Choose up to 3 more items Cinnamon Roll Red Beans Mexican rice Peas & Carrots Shredded Lettuce/Tomato Mixed Fruit 100% Fruit Juice Milk (Optional) ASP Peaches w/ Va. Wafers Applesauce w/ Va. Wafers Milk Choice	Breakfast for Lunch Choice #1 1oz. Sausage Patty Choice #2 Breakfast Chicken Patty Choose up to 3 more items Biscuit Scrambled Cheese Eggs Hash Browns Grits Orange Wedge Spiced Apples 100% Fruit Juice Milk (Optional) ASP Cheese-it Cinn. Bun Snack Juice

Lunch includes a meat, bread, up to 2 vegetables, 1 fruit, and milk. Please choose at least 3 items.



Hood Elementary Lunch Menus

JAN 23	JAN 24	JAN 25	JAN 26	JAN 27
Breakfast Cereal w/ Toast/ Jelly Cheese Omelet w/ Toast Grits Pineapple Milk (Optional)	Breakfast Cereal w/ Toast/ Jelly French Toast Sticks/Syrup Mixed Fruit Milk (Optional)	Breakfast Cereal w/ Toast/ Jelly Sausage / Biscuit/ Jelly Grits Applesauce Milk (Optional)	Breakfast Cereal w/ Toast/ Jelly Bagel w/ Jelly Orange Juice 4oz Milk (Optional)	Breakfast Cereal w/ Toast/ Jelly Oatmeal w/ Toast/jelly Peaches Milk (Optional)
Lunch Choice #1 Chicken Fillet / Bun Choice #2 Deli Wrap Choose up to 3 more items Tri-Taters Broccoli / Cauliflower/Cheese Tossed Salad Applesauce 100% Fruit Juice Milk (Optional) ASP French Toast Sticks/Syrup Bagel w/ Jelly Juice	Lunch Choice #1 Beef-a-Roni / Roll Choice #2 Pepperoni Pizza Choose up to 3 more items Corn Tossed Salad w/ Spinach Mixed Vegetable Peaches 100% Fruit Punch Milk (Optional) ASP Apple w/ Va. Wafers Pineapple/ Va. Wafers Milk	Lunch Choice #1 Oven Fried Chicken Choice #2 Fish Sticks (3) Choose up to 3 more s Corn Bread Mac & Cheese Green Beans Garden Salad Chilled Pears 100 % Fruit Juice Milk (Optional) ASP Corn Chips Tortilla Chips/Cheese Juice	Lunch Choice #1 Beef Nacho Choice #2 Chicken fajita Choose up to 3 more items Mexican Rice Red Beans Veggie Dippers w/ Dip Shredded Lettuce/ Tomato Pineapple 100% fruit Juice Milk (Optional) ASP Ham Roll-Up ½ Cheese Sandwich Juice	Lunch Choice #1 Chili w/ Saltines Choice #2 Build-a-Sandwich Choose up to 3 more items Potato Wedge Steamed Vegetables Baby carrots w/ Dip Strawberries / Blueberries 100% Fruit Juice Milk (Optional) ASP Animal Crackers Scooby-Doo Crackers Milk

Lunch includes a meat, bread, up to 2 vegetables, 1 fruit, and milk. Please choose at least 3 items.



Hood Elementary Lunch Menus

JAN 30	JAN 31	Feb 1	Feb 2	Feb 3
Breakfast Cereal W/ Toast / Jelly Cinnamon Toast Applesauce Milk (Optional)	Breakfast Cereal W/ Toast / Jelly Yogurt W Toast Peaches Milk (Optional)	Breakfast Cereal W/ Toast / Jelly Granola Breakfast bar Orange Juice 4oz Milk (Optional)	Breakfast Cereal W/ Toast / Jelly Eggs w/ Bacon & cheese Milk (Optional)	Breakfast Cereal W/ Toast / Jelly Steak w/ Biscuit Grits Milk (Optional)
Lunch Choice #1 Beef Hot Dog/ Bun Choice #2 Hamburger w/ Bun Choose up to 3 more items Baked Beans French Fries Lettuce/tomato/onion/dills Tossed Salad Tangerine 100% Fruit Juice Milk (Optional) ASP Muffin Soft Pretzel Juice	Lunch Choice #1 Spaghetti w/ Meat Sauce Choice #2 Lasagna Roll-up Choose up to 3 more items Garlic Texas Toast Garden Salad Steamed Broccoli Apple Wedges 100% Fruit Juice Milk (Optional) ASP Yogurt w/ Va. Wafers ½ Ham Sandwich Juice	Lunch Choice #1 Chicken Fillet w/ Bun Choice #2 BBQ Pork w/ Bun Choose up to 3 more item Oven Roasted Vegetables French Fries Veggie Dippers w/ Dip Tossed Salad Peaches 100% Fruit Juice Milk (Optional) ASP Fresh Pear Banana Milk Choice	Lunch Choice #1 Beef Enchiladas Choice #2 Chicken Quesadilla Choose up to 3 more items Mexican Rice Pinto Beans Carrots w/ Dip Shredded Lettuce/Tomato Orange Sherbert 100% Fruit Juice Milk (Optional) ASP Veggie Dippers Grapes w/ Cheese Milk Choice	Lunch Choice #1 Chicken Nuggets Choice #2 Beef Nuggets Choose up to 3 more items Roll Mac & Cheese Field Peas Tossed Salad Strawberries & Bananas 100% Fruit Juice Milk (Optional) ASP Cereal Granola Bar Milk Choice

Lunch includes a meat, bread, up to 2 vegetables, 1 fruit, and milk. Please choose at least 3 items.



