

January 2021

Roland-Story High School

LUNCH



This institution is an equal opportunity provider.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday



Tuesday

Wednesday

Thursday

Friday

Milk offered daily:
White, Chocolate, and Strawberry Skim Milk
White 1% Milk



NO SCHOOL
Winter Break

1

NO SCHOOL
Winter Break

4

Taco Quesadilla
Corn
Blueberries
Milk

5

Hot Dog
Fries
Peaches
Milk

6

Grilled Cheese
Tomato Soup
Baby Carrots
Apple Slices
Milk

7

Popcorn Chicken
Mixed Veggies
Mixed Fruit
Milk

8

Hot Ham & Cheese
Sandwich
Green Beans
Mandarin Oranges
Milk

11

Crispito
Chips W/Cheese
Corn
Pears
Milk

12

Orange Chicken
Fried Rice
Eggroll
Mixed Fruit
Milk

13

Turkey Fritter Sandwich
Peas and Carrots
Pineapple Chunks
Milk

14

Turkey Italian Combo Sub
Sun Chips
Celery Sticks w/Peanut Butter
Applesauce
Milk

15

Pork Rib on a Bun
Mixed Fruit
Green Beans
Milk

18

Turkey Tacos
Corn
Applesauce
Milk

19

Shredded Beef w/Gravy
Mashed Potatoes
Pears
Biscuit
Milk

20

Peperoni Pizza
Romaine Salad
Orange Slices
Milk

21

Crispy Chicken Sandwich
Baked Beans
Grapes
Milk

22

Cheeseburger
Fries
Pineapple Chunks
Milk

25

Beef and Bean Burrito
Black Beans
Strawberries
Milk

26

Chicken Strips
Green Beans
Peaches
Milk

27

Beef Stew
Cinnamon Roll
Corn
Applesauce
Milk

28

Corndog
Broccoli
Apricots
Milk

29