

# JANUARY 2026

SHS



## AVAILABLE DAILY

### Daily Breakfast

Assorted Cereal  
Yogurt w/ Grahams  
Fruit & Fruit Juice Variety

### Daily Lunch

PBJ w/ Cheddar Goldfish  
Yogurt w/ Cheese Stick & Grain  
Assorted Fresh Fruits

### Milk Choice

1% Unflavored  
FF Chocolate or Strawberry

### Daily Deli Offerings

#### Monday

Turkey Sub, Assorted Salads, Cheeseburger,  
Domino's Smart Slice Pizza, Yogurt Parfait

#### Tuesday

Italian Sub, Assorted Salads, Cheesesteak Wrap,  
Chicken Tenders, Yogurt Parfait

#### Wednesday

Ham Sub, Assorted Salads, Crispy & Spicy  
Chicken Patty, Pizza, Blue Jay Box

#### Thursday

Italian Sub, Assorted Salads, Crispy & Spicy  
Chicken Wrap, Bacon Cheeseburger,  
Chicken Nuggets, Yogurt Parfait

#### Friday

Assorted Subs, Assorted Salads,  
Beef Hot Dog, Pizza

**Monday  
January 5**

### Breakfast

Assorted Bread Slices

### Lunch

Domino's Smart Slice  
Pizza  
Or  
Rib BBQ Sandwich  
Buttery Corn  
Baby Carrots  
Cool Pears

**Tuesday  
January 6**

### Breakfast

Breakfast Bun

### Lunch

Shrimp Poppers  
& Mac & Cheese w/  
Cornbread  
Or  
Chicken Cheesesteak  
Baked Beans  
Celery Sticks  
Chilled Mixed Fruit

**Wednesday  
January 7**

### Breakfast

Breakfast Burrito

### Lunch

Chicken Drumstick  
w/ Roll  
Or  
Pulled Pork Sandwich  
Oven Baked Fries  
Cucumber Cup  
Juicy Peaches  
Chicken Noodle Soup

**Thursday  
January 8**

### Breakfast

Pigglegstick

### Lunch

General Tso's  
Chicken w/ Rice  
Or  
BBQ Teriyaki  
Chicken w/ Rice  
Seasoned Broccoli  
Red & Green Pepper Cup  
Pineapple Tidbits

**Friday  
January 9**

### Breakfast

Toasted Pastries

### Lunch

Chicken Bacon Ranch  
Pasta w/ Breadstick  
Or  
Grilled Cheese Sandwich  
Seasoned Green Beans  
Baby Carrots  
Fresh Apple Slices  
Tomato Soup

**Monday  
January 12**

### Breakfast

Blueberry Crumb Cake

### Lunch

Domino's Smart Slice  
Pizza  
Or  
Mandarin Orange  
Chicken w/Rice  
Seasoned Broccoli  
Baby Carrots  
Applesauce Cup

**Tuesday  
January 13**

### Breakfast

Breakfast Bar

### Lunch

French Toast Sticks  
w/ Sausage Patty  
Or  
Breakfast Pizza  
Tater Tots  
Celery Sticks  
Apple Juice

**Wednesday  
January 14**

### Breakfast

Blue Jay Sandwich

### Lunch

Lasagna w/ Breadstick  
Or  
Cheesesteak Sub  
Mixed Vegetables  
Red & Green Pepper  
Cup  
Apple Crisp  
Wedding Soup

**Thursday  
January 15**

### Breakfast

Pigglegstick

### Lunch

Walking Taco  
Or  
Chicken Fajitas  
Shredded Lettuce &  
Diced Tomato Cup  
Chipotle Bean Salad  
Cool Pears

**Friday  
January 16**

**No School**

**ALL STUDENTS EAT ALL  
MEALS AT NO COST  
AGAIN THIS YEAR**

**This institution is an equal  
opportunity provider.**

**Menu subject to change.**

Monday  
January 19

**No  
School  
in observance  
of Martin  
Luther King, Jr  
Day**

Tuesday  
January 20

**Breakfast**  
Breakfast Bun  
**Lunch**  
Pasta & Meat Sauce  
w/ Breadstick  
Or  
Crispy Fish Sticks  
w/ Bread Stick  
Seasoned Green Beans  
Garden Salad w/  
Grape Tomatoes  
Juicy Peaches

Wednesday  
January 21

**Breakfast**  
Breakfast Burrito  
**Lunch**  
Chicken Tenders  
w/ Roll  
Or  
Hot Ham & Cheese  
on Pretzel Bun  
Baked Beans  
Broccoli Salad  
Chilled Mixed Fruit  
Chicken Noodle Soup

Thursday  
January 22

**Breakfast**  
Pigglesstick  
**Lunch**  
General Tso's  
Chicken w/ Rice  
Or  
New Orleans Cajun  
Chicken w/ Rice  
Bok Choy w/Red Peppers  
Baby Carrots  
Pineapple Tidbits

Friday  
January 23

**Breakfast**  
Toasted Pastries  
**Lunch**  
Nashville Hot Chicken  
w/Dinner Roll  
Or  
Italian Sub  
Oven Baked Fries  
Red & Green Pepper Cup  
Fresh Apple Slices

Monday  
January 26

**No School**

Tuesday  
January 27

**Breakfast**  
Breakfast Bar  
**Lunch**  
Shepherd's Pie  
w/ Biscuit  
Or  
Chicken Eggrolls  
Garden Peas  
Cucumber Cup  
Chilled Mixed Fruit

Wednesday  
January 28


**Breakfast**  
Blue Jay Sandwich  
**Lunch**  
Regular or Spicy Chicken  
Patty Sandwich  
Or  
Buffalo Chicken Pizza  
Sweet Potato Fries  
Celery Sticks  
Frozen Fruit Cup  
Fiesta Soup

Thursday  
January 29

**Breakfast**  
Pigglesstick  
**Lunch**  
Walking Taco  
Or  
Chicken Fajitas  
Shredded Lettuce &  
Diced Tomato Cup  
Chipotle Bean Salad  
Cool Pears

Friday  
January 30

**Breakfast**  
Mini Apple Bites  
**Lunch**  
Popcorn Chicken  
w /Dinner Roll  
Or  
Turkey & Cheese Sub  
Fluffy Mashed Potatoes  
Corn  
Fresh Apple Slices

  
**Meal Payment Options:  
Cash, Check or  
On-Line Payment:  
LINQ Connect.**

**Information needed:  
Student first & last name  
Student date of birth**

**3 Easy Steps!**  
1.Register at  
<https://linqconnect.com>  
2. Confirm Email  
3. Sign in

- Make online payment for cafeteria meal accounts
- Remotely monitor meal accounts
- Set up automatic payments
- Set up low balance e-mail message alerts

**Happy New Year!!!**

