

## Hancock Co. Middle School Lunch & Breakfast Menu

Effective January 3, 2022

2021 - 2022 School Year

LUNCH - Week 1					
Monday	<b>WG Chicken Patty w/Bread</b> Mashed Potatoes Peas Fruit / Juice Milk	Tuesday	<b>Hot Dog on WG Bun</b> Mac & Cheese Baked Beans Fruit / Juice Milk	Wednesday	<b>BBQ Chicken</b> Potato Salad WG Roll Fruit Juice Milk
Thursday	<b>Deli Sub Sandwich on WG Bun</b> Pickle Spears Veggie Cup Fruit / Juice Milk	Friday	<b>Bosco Stick w/Marinara</b> Vegetable Medley Fruit / Juice Milk	<b>Serving Dates:</b> January 3-7, 18-21, 31 February 1-4, 14-18, 28 March 1-4, 14-18, 28-31 April 1, 18-22 May 2-6, 16-20	
LUNCH - Week 2					
Monday	<b>Pot Roast</b> Green Beans WG Bread Juice Fruit Milk	Tuesday	<b>Taco Salad</b> Black Beans WG Tortilla Chips Salsa Cup Fruit / Juice Milk	Wednesday	<b>Hamburger / Cheeseburger</b> Pickle Spears WG Chips Fruit / Juice Milk
Thursday	<b>Chicken Nuggets</b> Cheesy Potatoes WG Roll Cinnamon Butter Fruit / Juice Milk	Friday	<b>"Square" Pizza</b> Cooked Carrots Side Salad Juice Fruit Milk	<b>Serving Dates:</b> January 10-14, 24-28 February 7-11, 22-25 March 7-11, 21-25 April 11-15, 25-29 May 9-13, 23-25	

**OFFER vs SERVE**  
The Five Meal Components for School Lunch

Choose **at least 3** including:

- ½ Cup of **Fruits or Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, **choose all 5**

HEALTHY

You may put money in your child's meal account for extras by going to your Parent Portal account and using a debit/credit card. Of course, you can also send a check or cash with your child at any time.



**Entree' Salads and Grab-N-Go Meals (PB&J's-as available, Deli, Fiesta) Offered Daily.**  
**ALL MENUS SUBJECT TO AVAILABILITY.**

BREAKFAST - WEEK #1					
Monday	<b>WG Glazed Donut</b> Fruit Juice Choice Milk Choice	Tuesday	<b>WG PB&amp;J Uncrustable</b> Fruit Juice Choice Milk Choice	Wednesday	<b>Sausage Biscuit</b> Fruit Juice Choice Milk Choice
Thursday	<b>Monte Cristo Sandwich</b> Fruit Juice Choice Milk Choice	Friday	<b>Egg &amp; Cheese Biscuit</b> Fruit Juice Choice Milk Choice		
BREAKFAST - WEEK #2					
Monday	<b>Chicken Biscuit</b> Fruit Juice Choice Milk Choice	Tuesday	<b>Sausage &amp; Pancake Wrap</b> Fruit Juice Choice Milk Choice	Wednesday	<b>WG Honey Bun</b> Fruit Juice Choice Milk Choice
Thursday	<b>Breakfast Pizza</b> Fruit Juice Choice Milk Choice	Friday	<b>Biscuit &amp; Gravy</b> Fruit Juice Choice Milk Choice		

**OFFER vs SERVE**  
Food Items for School Breakfast

Choose **at least 3** including:

- ½ Cup of **Fruits or Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**



For the 2021-22 School Year, each enrolled student will receive 1 FREE breakfast and 1 FREE lunch meal per school day. Any additional meals or extras may be purchased at full price.

This institution is an equal opportunity provider.