

**LUNCH**

FREE LUNCHES FOR ALL CHILDREN 18 AND UNDER

# JANUARY 2021

## General McLane High School

Choice of 3 Meal options daily  
 Meals include: Entrée,  
 Vegetable, Fruit, Milk:  
 Main Entrée Meal, Smuckers Meal,  
 Salad Meal – Caesar Salad M/W/F. Chef Salad Tu/Th



Monday

Tuesday

Wednesday

Thursday

Friday



1  
NO SCHOOL

4  
Asian Chicken  
Soft Pretzel  
Side Salad  
Side Kicks Fruit Cup  
*\*Available for Cyber P/U*

5  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Fruit Cup

6  
Chicken Patty on Whole  
Wheat Bun  
Fries  
Side Salad  
Fruit Cup

7  
Walking Tacos  
Fruit Churros  
Fruit & Veggie

8  
PIZZA for ALL  
Chef's Choice Veggie  
Fresh Fruit  
Cookie

11  
Chicken Fajita Wrap  
French Fries  
Side Salad  
Fresh Fruit  
*\*Available for Cyber P/U*

12  
Meatball Sub  
Potato Wedges  
Chef's Choice Veggie  
Fruit Cup

13  
Chicken Tenders  
w/BBQ Sauce  
Soft Pretzel  
w/ cheese sauce  
Fruit & Side Salad

14  
Deli Sandwich  
Chef's Choice Veggie  
Fries  
Apple Slices

15  
3 Cheese Calzone  
w/ Marinara Sauce  
Side Salad  
Fruit Cup  
Cookie

18  
NO SCHOOL

19  
Italian Dunkers  
Marinara Sauce  
Chef's Choice Veggie  
Fruit Cup

20  
Chicken Patty on Whole  
Wheat Bun  
Fries  
Side Salad  
Fruit Cup

21  
Walking Tacos  
Fruit Churros  
Fruit & Veggie

22  
PIZZA for ALL  
Chef's Choice Veggie  
Fresh Fruit  
Cookie

25  
Chicken Fajita Wrap  
French Fries  
Side Salad  
Fresh Fruit  
*\*Available for Cyber P/U*

26  
Meatball Sub  
Potato Wedges  
Chef's Choice Veggie  
Fruit Cup

27  
Chicken Tenders  
w/BBQ Sauce  
Soft Pretzel  
w/ cheese sauce  
Fruit & Side Salad

28  
Deli Sandwich  
Chef's Choice Veggie  
Fries  
Apple Slices

29  
3 Cheese Calzone  
w/ Marinara Sauce  
Side Salad  
Fruit Cup  
Cookie

**\*Menu subject to availability and there may be substitutions. Order all meals 2 days in advance on SchoolCafe.**

Heating Instructions – All food is fully cooked and should be eaten 1-2 days after receiving. Refrigerate until ready to eat. Heat and eat immediately.  
 Oven – If in aluminum foil, leave it in foil. Otherwise place in an oven safe tray/container. Heat at 350. 10-15 minutes until Hot.  
 Microwave – REMOVE ALUMINUM FOIL or take out of container. Place on Microwave Safe dish and heat on 30 second intervals until Hot.

