



FREE LUNCHES FOR ALL CHILDREN 18 AND UNDER

JANUARY 2021

Parker Middle School Menu

Choice of 3 Meal options daily

Meals include: Entrée,

Vegetable, Fruit, Milk:

Main Entrée Meal

Smuckers Meal

Salad Meal – Caesar Salad offered M/W/F. Chef Salad offered Tu/Th

Monday

Tuesday

Wednesday

Thursday

Friday

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

2021

1

NO SCHOOL

4

Asian Chicken
Soft Pretzel
Side Salad
Side Kicks Fruit Cup

5

Italian Dunkers
Marinara Sauce
Chef's Choice Veggie
Juice

6

Chicken Patty on Whole
Wheat Bun
French Fries
Chef's Choice Veggie
Fruit Cup

7

Walking Tacos
Fruit Churros
Chef's Choice Veggie
Juice

8

PIZZA for ALL
Side Salad
Fresh Fruit
Cookie

11

Chicken Fajita Wrap
Potato Wedges
Side Salad
Fresh Fruit

12

Cheeseburger on Bun
Toppings
Potato Wedges
Veggie
Juice

13

Chicken Tenders
Soft Pretzel
w/ cheese sauce
Fruit & Veggie

14

Ham & Cheese Pretzel
Chef's Choice Veggie
Crinkle Cut Fries
Juice

15

3 Cheese Calzone
Side Salad
Apple Slices
Cookie

18

NO SCHOOL

19

Italian Dunkers
Marinara Sauce
Chef's Choice Veggie
Juice

20

Chicken Patty on Whole
Wheat Bun
French Fries
Chef's Choice Veggie
Fruit Cup

21

Walking Tacos
Fruit Churros
Chef's Choice Veggie
Juice

22

PIZZA for ALL
Side Salad
Fresh Fruit
Cookie

25

Chicken Fajita Wrap
Potato Wedges
Side Salad
Fresh Fruit

26

Cheeseburger on Bun
Toppings
Potato Wedges
Veggie
Juice

27

Chicken Tenders
Soft Pretzel
w/ cheese sauce
Fruit & Veggie

28

Ham & Cheese Pretzel
Chef's Choice Veggie
Crinkle Cut Fries
Juice

29

3 Cheese Calzone
Side Salad
Apple Slices
Cookie

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.