



JANUARY | 2023

Whiteoak High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Chicken Patty on Bun Lettuce & Pickles Glazed Carrots Fruit Cup Veggie Bag/ Ranch Milk	4 Chili Crackers PBJ Cheese Stick Veggie Bag/Ranch Fruit Milk	5 Chicken Quesadilla Rice Salsa Sour Cream Veggie Bag/ Ranch Fruit Milk	6 Min Corn Dogs Baked Beans French Fries Veggie Bag/Ranch Fruit Milk
9 Grilled Chicken on Bun Steamed Broccoli With Cheese Fruit Cup Veggie Bag/Ranch Fruit Milk	10 Cook's Choice Macaroni & Cheese Vegetable Veggie Bag/Ranch Cocoa Bar Fruit Milk	11 Marzetti Garlic Bread/Cheese Salad/Ranch Cherry Tomatoes Veggie Bag/ Ranch Fruit Milk	12 Snappy's Pizza Green Beans Veggie Bag/Ranch Scooby Snacks Fruit Milk	13 Coney Dog On Bun Cheese Diced Onions Sun Chips Baked Beans Veggie Bag/Ranch Fruit Milk
16 No School	17 Wildcat Burger With Bacon & Cheese Onion Rings Veggie Bag/Ranch Fruit Milk	18 Meatball Sub On Hoagie Bun Mozzarella Cheese Salad/Ranch Veggie Bag/ Ranch Fruit Milk	19 Pizza Burger on Bun Breaded Mozzarella Cheese Sticks Marinara Sauce Veggie Bag/Ranch Fruit Milk	20 PBJ Sack Lunch Baked Chips Cookie Veggie Bag/Ranch Fruit Cup Milk
23 Chicken Tenders Biscuit Hash Brown Green Beans Veggie Bag/ Ranch Fruit Milk	24 Spaghetti Bread Stick Salad/Ranch Cherry Tomatoes Veggie Bag/Ranch Fruit Milk	25 BBQ Pork Nachos Chips Lettuce Cheese Sour Cream Black Bean Corn Salsa Veggie Bag/ Ranch Fruit Milk	26 Snappy's Pizza Green Beans Veggie Bag/Ranch Cocoa Bar Fruit Milk	27 Grilled Hot Dog On Bun Macaroni & Cheese Strawberry Cup Veggie Bag/Ranch Fruit Milk
30 Boneless Wings Onion Rings Carrots & Celery Veggie Bag/ Ranch Fruit Milk	31 Taco Salad Lettuce Tomatoes Sour Cream Refried Beans Cheese Salsa Veggie Bag/Ranch Fruit Milk	1 Subway Veggies Baked Chips Cookie Veggie Bag/Ranch Fruit Milk	2 Sloppy Joe On Bun Cole Slaw Corn Veggie Bag/Ranch Fruit Milk	3 Mini Calzones Marinara Sauce Tater Tots Rice Krispie Treat Veggie Bag/Ranch Fruit Milk

We offer white and chocolate milk. Extra milk is .40. Students must pay for additional milk even if they are on the free or reduced program. We offer whole grain products. Condiments & carrots & broccoli are available daily.

New National School Lunch Program Meal Pattern Information

The National School Lunch Program (NSLP) offers 5 meal components daily. The daily components will consist of whole grains, meat/meat alternative, vegetable, fruit, and fluid milk. Each student may take all 5 components or as little as 3 components to receive a reimbursable meal. If a student chooses to take only 3 components one MUST be a fruit or a vegetable.

Breakfast

Choice of One Served w/Fruit & Milk
Cereal & Graham Cracker or
WG Bar & Cheese Stick or
Hot Menu

Important Update

We are still experiencing unavailable items or last-minute replacements. Menus are subject to change, but we will do our best to notify you. We appreciate your patience and understanding!

Students may charge up to \$10.00 on their lunch accounts. Parents will be notified by phone when students have exceeded their charge limit. If parent cannot be reached a letter will be sent.