

# Minford Local Schools

## January

### Cafeteria Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	No School	3	No School	4	<b>Breakfast</b> Cinnamon Breakfast Bun, Fruit <b>Lunch</b> Sloppy Joes Tator Tots, Cole Slaw, Fruit	5	<b>Breakfast</b> Assorted Cereal Yogurt, Fruit <b>Lunch</b> Meatloaf Mashed Potatoes, Green Beans, Roll, Fruit	6	<b>Breakfast</b> Mini Waffles w/Syrup, Fruit <b>Lunch</b> Pizza Bagels, Mac&Cheese, Broccoli, Veggie Juice, Fruit
Second Lunch Option: Hamburger									
9	<b>Breakfast</b> Cereal, String Cheese, Fruit <b>Lunch</b> Chicken Nuggets, Veggie Cup, Roll, Baked Beans, Fruit	10	<b>Breakfast</b> Cinnamon Toast Crunch Pocket, Fruit <b>Lunch</b> Beefy Nachos w/Cheese, Lettuce, Tomatoes, Beans, Salsa, Fruit	11	<b>Breakfast</b> Toast w/Jelly, Scrambled Eggs, Fruit <b>Lunch</b> Breaded Chicken Sandwich, w/Lettuce & Pickles, French Fries, Fruit	12	<b>Breakfast</b> Cereal, Yogurt, Fruit <b>Lunch</b> Fried Chicken, Mashed Potatoes, Green Beans, Roll, Fruit	13	<b>Breakfast</b> French Toast, Sausage Links, Fruit <b>Lunch</b> Pepperoni Pizza, Sweet Potato Fries, Fruit, Veggie Juice, Cookie
Second Lunch Option: Ham and Cheese Sandwich									
16	No School	17	No School	18	<b>Breakfast</b> Toast w/Jelly, Egg Omlet, Fruit <b>Lunch</b> Cheesburger w/Lettuce, Tomatoes & Pickles, Tater Tots, Baked Beans, Fruit	19	<b>Breakfast</b> Cereal, Yogurt, Fruit <b>Lunch</b> Chili w/Grilled Cheese or PB&J Uncrustable, Veggie Cup, Fruit	20	<b>Breakfast</b> Muffins, Sausage Links, Fruit <b>Lunch</b> French Bread Pizza, Side Salad, Chips, Fruit, Cookie
Second Lunch Option: Rib Sandwich (except Thursday)									
23	<b>Breakfast</b> Cereal, String Cheese, Fruit <b>Lunch</b> Grilled Chicken, Redskin Potatoes, Broccoli, Roll, Fruit	24	<b>Breakfast</b> Cheese and Egg Bagel, String Cheese, Fruit <b>Lunch</b> Beefy Nachos w/Cheese, Lettuce, Tomatoes, Beans, Salsa, Fruit	25	<b>Breakfast</b> Toast w/Jelly, Scrambled Eggs, Fruit <b>Lunch</b> Corn Dog, Baked Beans, Veggie Cup, Fruit	26	<b>Breakfast</b> Cereal, Yogurt, Fruit <b>Lunch</b> Salisbury Steak, Mashed Potatoes, Green Beans, Roll, Fruit	27	<b>Breakfast</b> Strawberry Cream Cheese Bagels, Fruit <b>Lunch</b> Cheesy Bread Pizza w/ Marinara, Side Salad, Veggie Juice, Fruit
Second Lunch Option: Chicken Noodle Soup									
30	<b>Breakfast</b> Cereal, String Cheese, Fruit <b>Lunch</b> Popcorn Chicken, Side Salad, Baked Beans, Roll, Fruit	31	<b>Breakfast</b> Super Donut, Sausage Links, Fruit <b>Lunch</b> Taco Bowl w/Meat Sauce, Lettuce/Tomatoes, Salsa, Corn, Fruit						
Second Lunch Option: Cook's Choice									



2022-2023 Meal Prices		
Category	Breakfast	Lunch
PK - 8	\$1.85	\$2.85
9 - 12	\$2.10	\$3.10
Reduced-Price	\$0.30	\$0.40
Adults	\$2.75	\$3.75
Extra milk	\$0.40	\$0.40

*All Meals include:*

- Whole-Grain Wheat Ingredients
- 1% Low-Fat or Fat Free Chocolate Milk
- Fruit and/or 100% Fruit Juice

*Meal Requirements:*

Meals comply with the USDA meal requirement standards. Students must take minimum components of fruit or vegetables. Grades 6-8, 9-12 may be offered additional items in order to meet the requirements.

*Food Allergies:*

Students with food allergies must have a Diet Order Form OR a note from his/her doctor on file with the Food Service Director. Forms can be found on the district website at <https://www.minfordfalcons.net>

*Online Free and Reduced-Price Meal Applications:*  
<https://mealapp.lunchtimesoftware.net/>

*School Payment Portal:*  
<https://schoolpaymentportal.com/Default.aspx>

Menus are subject to change without notice due to inclement weather and/or supply shortages.

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