



## Indiana Steam Academy Breakfast and Lunch Menu January, 2023 K-8th Grade

The USDA is an equal opportunity provider and employer

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> includes 1 entrée, 1 fruit or juice and low-fat milk	Honey Scooters (1oz) Graham Cracker (1oz) Apple (1/2c) 100% Orange Juice (1/2c)	Benefit Bar(2oz) Craisins(1/2c) Fresh Banana (1/2c)	Pop Tarts (2oz) Fresh Apple (1/2c) 100% Orange Juice (1/2c)	Trix Bar (1oz) Animal Crackers (1oz) Craisins (1/2c) Fresh Pear (1/2c)	Cinnamon Toasties (1oz) Graham Cracker (1oz) Raisins (1/2c) Fresh Apple (1/2c)
	Monday	Tuesday	Wednesday	Thursday	Friday
)	1. Winter Break	2. Winter Break	3 Winter Break	4 Winter Break	5 Winter Break
Fresh Fruit Served Daily (4oz)	8 Chicken Alfredo (2oz) Steamed Broccoli (3/4C) Apple Sauce (1/2C)	9 Chili Chicken Roll Up(2ozmm/ma) Steamed Corn (3/4c) Salsa/w chips (3oz) ( 1oz) Mixed Fruit (1/2c)	10 Chili Dogs (4ozm/ma) Baked Fries (1/2c) Glazed Carrots (3/4c) Diced Pears (1/2c)	11 BBQ Chicken on Bun (4ozm/ma) Green Beans (3oz) Cole Slaw (3oz) Apple Sauce (1/2c)	12 Turkey /Cheese Wrap (2oz) Cucumber (3oz ) Cherry Tomato (3oz) Apple Juice (1/2c)
*Hamburger or hotdog bun included (2 oz)	15 MLK DAY OFF	16 Soft Taco (2oz) Lettuce/Tomato (1/8c) Steamed Corn (3/4C) Pears (1/2c)	17 Baked Chicken Legs (2ozm/ma) Mixed Greens (3oz) Sweet Potatoes (3oz) Dinner Rolls (1oz) Mixed Fruit (1/2c)	18 Sloppy Joe (2ozm/ma) Baked Beans (3/4c) Steamed Carrot (1/2c) Raisons (1/2c)	19 BBQ Chicken Wrap (2ozm/ma) Broccoli Florets (3oz) Cherry Tomatoes (3oz) Raisons (1/2c)
<b>Lunch:</b> includes 1 entrée, 3 fruit/vegetable choices and low-fat milk or non-fat milk	22 Cheeseburger (2oz) Baked Fries(3oz) Mixed Vegetables (3oz) Orange Wedges (1/2c)	23 Taco Salad (2ozm/ma) Lettuces /Tomatoes (1/8c) Refried Bean(1/2c) Orange Wedges (1/2c)	24 Spaghetti/ Meatball (2ozm/ma) California Blend (3oz) Mixed Green Salad (3oz) Apple Sauce (1/2c)	25 Crispy Chicken Sandwich (2oz) 2oz) Broccoli & Cheese (3oz) Steamed Corn (1c) Diced Pears (1/2c)	26 Turkey/Cheese Sandwich (2ozm/ma) Celery Sticks (3oz) Cherry tomatoes (3oz) Apple Juice (1c)
	29 Chicken Nuggets (2ozm/ma) Bake Fries (1/2c) Steamed Carrots (3oz) Diced Peaches (1/2c)	30 Taco Salad (2ozm/ma) Lettuces /Tomatoes (1/8c) Refried Bean(1/2c) Orange Wedges (1/2c)	31 Pizza (4oz m/ma) Broccoli (1/2c) Steamed Corn (1/2C) Apple Slice (1/2c)	1 Salisbury Steak (2oz) Mashed Potatoes (3oz) Green Beans (3oz) Mixed Fruit (1/2c)	2 Crunchy Chicken Wrap (2ozm/ma) Broccoli Florets (3oz) Cherry Tomatoes (3oz) Raisons (1/2c)

