

Darrell Lynn Hines Academy

Meals are prepared by MCFI
K-8 Hot Lunch



January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL / MCFI CLOSED	3 WG Chicken Corn Dog Ketchup Baby Carrots Seasonal Fruit Choice of Milk	4 Chicken and Gravy over Mashed Potatoes WG Pretzel Breadstick Seasonal Fruit Choice of Milk	5 Teriyaki Chicken over WG Brown Rice WG Dinner Roll Fresh Celery Sticks Seasonal Fruit Choice of Milk	6 WG Chicken Smackers BBQ Sauce Packet WG Mini Waffle Pouch Syrup Cup Fresh Cucumber Slices Seasonal Fruit Choice of Milk
9 Roasted Chicken Leg BBQ Sauce Packet WG Biscuit with Honey Packet Roasted Sweet Potatoes Seasonal Fruit Choice of Milk	10 Beef Taco Meat with Shredded Cheese on WG Tortilla Taco Sauce WG Cracker Fresh Green Salad with Dressing Seasonal Fruit Choice of Milk	11 Turkey Hot Dog on WG Bun Ketchup Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	12 Cheeseburger on WG Bun Ketchup Packet Steamed Corn Seasonal Fruit Choice of Milk	13 Domino's Cheese Pizza WG Muffin Baby Carrots Seasonal Fruit Choice of Milk
16 NO SCHOOL	17 WG Chicken Smackers BBQ Sauce Packet Non-WG Mac and Cheese Fresh Broccoli Bites Seasonal Fruit Choice of Milk	18 Italian Meatsauce over Bowtie Pasta WG Pretzel Breadstick Fresh Baby Carrots Seasonal Fruit Choice of Milk	19 WG Chicken Nuggets BBQ Sauce Packet WG Dinner Roll Creamy Coleslaw Seasonal Fruit Choice of Milk	20 Homemade Meatloaf WG Biscuit Mashed Potatoes Seasonal Fruit Choice of Milk
23 Sweet and Sour Chicken over WG Brown Rice WG Muffin Fresh Broccoli Bites Seasonal Fruit Choice of Milk	24 BBQ Chicken Sandwich on WG Bun Steamed Green Beans Seasonal Fruit Choice of Milk	25 Oven-Roasted Turkey Slices over Mashed Potatoes WG Biscuit Seasonal Fruit Choice of Milk	26 WG Chicken Patty on WG Bun Mayo Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	27 WG Cheese Pizza Sticks Marinara Dipping Sauce (1/4 cup) Baby Carrots (1/2 cup) Seasonal Fruit Choice of Milk
30 WG Chicken Smackers BBQ Sauce Packet WG Cornbread Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	31 WG Mini Maple Waffle Pouch Syrup Cup Chicken Breakfast Sausage Fruited Yogurt Cup Baby Carrots Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE		

This institution is an equal opportunity provider.