



# JANUARY | 2022

Lakewood Local Schools JIS-HB ALL STUDENTS RECEIVE FREE LUNCH AND BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#1 Fish Sandwich

<p>3 <b>NO SCHOOL</b></p>	<p>4 #1 Hamburger w/ Cheese slice #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p>5 #1 Pizza #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>6 #1 Nachos and Cheese #2 P.B. and Jelly Pocket Celery w/ Ranch Fruit Milk</p>	<p>7 #2 P.B. and Jelly Pocket Steamed Broccoli w/ Cheese Fruit Cookie Milk</p>
<p>10 #1 Popcorn Chicken w/ Rice #2 P.B. and Jelly Pocket Steamed California Blend Fruit Rice Krispie Treat Milk</p>	<p>11 #1 Deli Sub #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>12 #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p>13 #1 Hot Dog #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p>14 #1 Cheesy Garlic Bread w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>
<p>17 <b>NO SCHOOL</b></p>	<p>18 #1 Walking Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p>19 #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p>20 #1 Chicken Alfredo w/ Breadstick #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>21 #1 Hot Italian Sub #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p>24 #1 Chicken Strips Dinner Roll #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p>25 #1 Corn Dog #2 P.B. and Jelly Pocket Baked French Fries Fruit Ice Cream Milk</p>	<p>26 #1 Pizza #2 P.B. and Jelly Pocket Carroteenies w/ Ranch Fruit Milk</p>	<p>27 #1 Macaroni and Cheese w/ Dinner Roll #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>28 #1 Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>
<p>31 #1 Chicken Patty Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p>1 #1 Baked Spaghetti w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>2 JET'S PIZZA SCHEDULE Jan. 5-LHS Jan. 12- LMS Jan. 19-Jackson Intermediate Jan.-Hebron</p>	<p>3 CARROTEENIES OFFERED AS A SECOND VEGETABLE CHOICE DAILY</p>	<p>4 MENU SUBJECT TO CHANGE DUE TO SUPPLY SHORTAGES</p>

**MEAL PRICES**  
**Student Lunch-FREE**  
**Adult Lunch-\$3.60**  
**Student Breakfast-FREE**  
**Adult Breakfast-\$1.30**  
**Extra Milk-.50**

**BREAKFAST MENU**  
 DAILY CHOICES MAY INCLUDE:  
 Eggo Pancakes/Waffles  
 Tony's Breakfast Pizza  
 Egg and Cheese Omelet/Toast  
 Assorted Kellogg Cereals  
 Whole Grain Pastries  
 Whole Grain Pop Tarts  
 Cereal Bars  
 Warm Breakfast Sandwiches  
 Cheese Stick  
 Yogurt Cup  
 Cocoa bar  
 Texas Toast

Fruit, Milk and Juice are offered with all breakfast entrees.

Students who eat breakfast are more likely to maintain a healthy weight and are able to concentrate better in class. Feed your body the right fuel to perform your best!!

ALL GRAINS SERVED ARE MADE FROM WHOLE GRAINS