

Sailorway Café



January 2023

Full student lunch includes choice of meat or meat alternate, whole grain bread or grain, vegetable, fruit or juice choice, and milk choice (1% unflavored, skim, or fat-free flavored). <i>Students must take a 1/2c serving of a fruit or a vegetable with lunch.</i>	Lunch Price: \$2.90 Reduced Lunch: \$.40 Adult Lunch: \$4.35
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 3	January 4	January 5	January 6
	Hot Ham & Cheese Sandwich Baked French Fries Steamed Broccoli Assorted Fruits or 100% Juice Choice of Milk	Pancakes Breakfast Sausages Hash Brown Cubes Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Domino's Pizza Cheese or Pepperoni Tater Tots Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Grilled Chicken Club Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
January 9	January 10	January 11	January 12	January 13
Toasted Cheese Sandwich Tomato Soup or Chili Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	General Tso's Chicken Whole Grain Rice California Mixed Veggies Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Waffles Breakfast Sausages Hash Brown Cubes Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Marcos Pizza Cheese or Pepperoni Steamed Corn Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Popcorn Chicken Sub or (Buffalo or Regular) French Fries/Baked Beans Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
January 16	January 17	January 18	January 19	January 20
NO SCHOOL <i>Martin Luther King Holiday</i>	Popcorn Chicken WG Crackers Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Bosco Breadsticks Marinara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Calzones (Cheese or Pepperoni) Baked French Fries Assorted Fruits or 100% Juice Choice of Milk	NO SCHOOL
January 23	January 24	January 25	January 26	January 27
Chicken & Cheese Quesadilla Lettuce/Salsa/Sour Cream Steamed Corn Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk	Pasta Bar - Rotini w/ Meatballs or Chicken Parmesan/Marinara WG Garlic Breadstick <i>Garden Salad</i> Assorted Fruits or 100% Juice Choice of Milk	Macho Nachos WG corn tortilla chips, beef taco cheese sauce, lettuce, salsa Shredded lettuce, salsa, sour cream Black Beans/Asst Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Dominos Pizza (Cheese or Pepperoni) Tater Tots Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	BBQ Pork Sandwich Choice of Bagged Chips Baked Twister Fries Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
January 30	January 31	February 1	February 2	February 3
Mozzarella Cheese Sticks Maninara Steamed Broccoli Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Chicken Mashed Potato Bowl WG Roll Mashed Potatoes/Gravy Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Chicken Tenders Dutch Waffle Tater Tots Assorted Fresh Veggies Assorted Fresh & Canned fruit Choice of Milk	Marcos Pizza Cheese or Pepperoni Baked Beans Assorted Fresh Veggies Assorted Fruits or 100% Juice Choice of Milk	Macaroni and Cheese WG Muffin California Mixed Veggies Assorted Fresh Veggies Assorted Fresh & Canned fruits Choice of Milk
Menu subject to change without notice.		This institution is an equal opportunity provider.		

<p>Daily Meal Choices: Mon-Wed-Fri: Breaded Chicken Filet Sandwich Mon-Wed-Fri: Spicy Breaded Chicken Filet Sandwich Tues-Thurs: Hamburger/Cheeseburger on Bun Cold Deli Sandwich Creamy Yogurt Parfait with Banana Bread Sunbutter Uncrustable/String Cheese &/or WG Crackers Assorted Lunch Salads (Chef, Chicken, Vegetarian) (made with locally grown lettuces from OHIO farms)</p>	<p>Garden Fresh Entrée Salads: Salad lunches come with a fruit or juice, a warm WG breadstick, steamed veggie selection, milk choice, & dress Monday - Chicken Parmesan Tuesday - Oriental Chicken Wednesday - Chicken BLT Thursday - BBQ Chicken Salad Friday - Chef Salad</p>	<p>This café uses a variety of products that may contain an artificial sweetener. Products may be produced in a plant that also produces milk, egg, wheat, soy, peanuts, and tree nuts.</p>
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