



This Institution is an Equal Opportunity Employer

# JANUARY 2021

## Weekly Meal Pick up

All Meals are Free for the school year  
Menu Subject to Change without Notice



Monday

Tuesday

Wednesday

Thursday

Friday



Meal Pick up every Wednesday  
Each school from 12-1pm  
(not at MTA)

5  
Breakfast  
Zee Zee Bar  
Cereal  
Cinnamon Bun  
Breakfast Bread  
Oatmeal  
Juice & Craisins

6  
Turkey Corndog on a Stick  
Egg, Sausage English Sandwich  
Pizza  
Wg Tortilla, Cheese sauce, Salsa  
Smucker Sandwich  
Assorted Veggies, snacks & Fruit



11  
Evening Pick Up at Mt Ararat  
Middle School  
5-7 pm  
Every Wednesday

12  
Muffin  
Oat Bar  
Pop Tart  
Cereal  
Bagel/cream cheese  
Juice & Craisins

13  
Chicken Pot Pie w/ Biscuit  
Peperoni Munchable  
Bagel, HB Egg, Chs Stick  
Mac & Cheese w/Carrots  
Shepherd's Pie  
Assorted Veggies, snacks & Fruit



19  
Breakfast Break  
Breakfast Bread  
Oatmeal  
Oat Bar  
Pancakes  
Juice & Craisins

20  
Chicken Fries  
Pasta & Sauce  
Smucker Sandwich  
Taco Cup  
Pizza Pocket  
Assorted Veggies, Snacks & Fruit



25  
Please email [dicarak@link75.org](mailto:dicarak@link75.org) with any questions or special requests

26  
Cinnamon Bun  
Pop Tart  
Muffin  
Bagel & Jelly  
Cereal  
Juice & Craisins

27  
Chicken Nuggets  
Yogurt Cup w/Berries & Granola  
Mini Corn Dog  
Pasta & Sauce  
Turkey, gravy & mashed potato  
Assorted Veggies, snacks & Fruit



Shelf Stable Meals available for storm days, please see order form at [link75.org](http://link75.org) under the Parent tab, foodservices.