

January 2022	Hapeville Charter Middle School				Breakfast Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
3 No School!	4 No School!	5 No School!	6 No School!	7 No School!	
10 No School!	11 No School!	12 No School!	13 No School!	14 No School!	
17 No School!! MLK Day!	18 Turkey Sausage Links with Biscuit and Jelly OR Whole Grain Cereal with Milk	19 Cheesy Grits with Bacon and Whole Grain Toast and Jelly OR Whole Grain Turkey Sausage Biscuit with Jelly	20 Hashbrown Triangles with Chicken Patty OR Whole Grain Assorted Pop Tarts	21 Whole Grain Sausage, Egg and Cheese Biscuit with Jelly OR Breakfast Pizza with Turkey Sausage	
24 Nutri Grain Bar with Yogurt OR Bacon and Cheese Scramble with Toast and Jelly	25 Whole Grain Pancake Stick with Syrup OR Fresh Baked Chocolate Chip Muffins with Yogurt	26 Cheesy Grits with Bacon and Whole Grain Toast and Jelly OR French Toast Sticks with Syrup and Turkey Sausage Patty	27 Whole Grain Chicken Biscuit with Jelly OR Whole Grain Apple Frudal	28 Cinnamon Roll with Icing and Cereal OR Assorted Whole Grain Bagel with Cream Cheese	
31 Assorted Pop Tarts OR Mini Pancakes with Syrup	<div data-bbox="412 1451 1008 1514" style="background-color: #1a3d4d; color: white; padding: 5px; margin-bottom: 5px;">All Meals Include 100% Juice</div> <div data-bbox="412 1528 1008 1591" style="background-color: #1a3d4d; color: white; padding: 5px; margin-bottom: 5px;">Fresh Whole Fruit</div> <div data-bbox="412 1606 1008 1669" style="background-color: #1a3d4d; color: white; padding: 5px;">Local Farm to School Fruit Salad</div> <div data-bbox="1138 1461 1487 1633" style="margin-top: 20px;">  </div>				

January 2022	Hapeville Charter Eighth Grade Campus			Grab n Go Menu
Monday	Tuesday	Wednesday	Thursday	Friday
3 No School!	4 No School!	5 No School!	6 No School!	7 No School!
10 No School!	11 No School!	12 No School!	13 No School!	14 No School!
17 No School!! MLK Day!	18 Turkey Pancake Stick with Syrup	19 Chicken Biscuit with Jelly	20 Apple Frudal	21 Nutri Grain Bar with Yogurt
24 Assorted Whole Grain Pop Tart	25 Mini Pancakes with Syrup	26 Fresh Baked Banana Bread with Yogurt	27 Bagel with Cream Cheese	28 Assorted Muffin with Yogurt

31
Assorted Whole Grain Pop Tart

Includes Milk, and 100% Juice

Fresh Whole Fruit

Local Farm to School Fruit Salad



Soup and Panini Station

Monday– Ham and Cheddar Panini with Chicken and Rice Soup
 Tuesday- Chicken and Pepper Jack Panini with Creamy Tomato Soup
 Wednesday– Turkey and Cheese Panini with Broccoli and Cheese Soup
 Thursday– Chicken and Cheddar Panini with Chicken Noodle Soup
 Friday-Pepperoni Pizza Panini with Creamy Potato Soup

Lunch Menu	Hapeville Charter Eighth Grade Campus				January
------------	--	--	--	--	---------

Monday 3rd	Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th
------------	-------------	---------------	--------------	------------

Sizzle and Main				
------------------------	--	--	--	--

3 No School!	4 No School!	5 No School!	6 No School!	7 No School!
-----------------	-----------------	-----------------	-----------------	-----------------

The Balanced Bite				
--------------------------	--	--	--	--

--	--	--	--	--



Fresh Baked WG Bread Basket

Fresh Whole Fruit

Local Farm to School Fruit Salad



January Salad Options
 Breaded Chicken Salad with Tomatoes, Cucumbers, and Croutons

Lunch Menu	Hapeville Charter Eighth Grade Campus				January
------------	--	--	--	--	---------

Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
-------------	--------------	----------------	---------------	-------------

Sizzle and Main

10 No School!	11 No School!	12 No School!	13 No School!	14 No School!
------------------	------------------	------------------	------------------	------------------

The Balanced Bite

--	--	--	--	--



Fresh Baked WG Bread Basket

Fresh Whole Fruit

Local Farm to School Fruit Salad

January Salad Options
Breaded Chicken Salad with Tomatoes, Cucumbers, and Croutons

Lunch Menu	Hapeville Charter Eighth Grade Campus				January
------------	--	--	--	--	---------

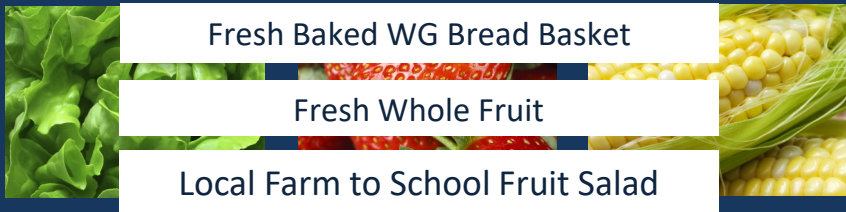
Monday 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
-------------	--------------	----------------	---------------	-------------

Sizzle and Main

<p align="center">17</p> <p align="center">No School!! MLK Day!!</p>	<p align="center">18</p> <p align="center">Whole Grain Pepperoni Pizza</p> <p align="center">Featured Sides: Three Bean Salad Garden Salad with Tomatoes and Cucumbers with Italian Dressing Whole Kernel Corn with Roasted Red Peppers</p>	<p align="center">19</p> <p align="center">Cajun Chicken, and Sausage in a Creamy Alfredo Pasta</p> <p align="center">Featured Sides: Steamed Lemon Pepper Broccoli Roasted Cauliflower</p>	<p align="center">20</p> <p align="center">Monterey Chicken Nachos with Lettuce, and Sour Cream</p> <p align="center">Featured Sides: Fresh Made Salsa Pinto Beans with Cheese Steamed Cilantro Lime Rice</p>	<p align="center">21</p> <p align="center">All American Beef Hamburgers with Cheese</p> <p align="center">Featured Sides: Oven Roasted Potato Wedges Sliced Tomato Salad Strawberry Applesauce</p>
--	---	---	---	--

The Balanced Bite

<p>Ham and Cheese Wrap on Whole Grain Tortilla</p> <p>Turkey and Cheese Croissant</p> <p>Strawberry Yogurt Fruit Plate</p>	<p>Roast Beef and Cheese Sandwich on Whole Grain Bun</p> <p>Chicken Caesar Wrap on Tortilla</p> <p>Pineapple Cottage Cheese Plate</p>	<p>Chicken Caesar Wrap on Whole Grain Tortilla</p> <p>Ham and Cheese Wrap on Tortilla</p> <p>Vanilla Yogurt Fruit Plate</p>	<p>Tuna Salad Sandwich on Whole Grain Bun</p> <p>All American Sub Sandwich on Whole Grain Bun</p> <p>Peachy Cottage Cheese Plate</p>
--	---	---	--



Fresh Baked WG Bread Basket

Fresh Whole Fruit

Local Farm to School Fruit Salad

January Salad Options
Breaded Chicken Salad with Tomatoes, Cucumbers, and Croutons

Lunch Menu	Hapeville Charter Eighth Grade Campus				January
------------	--	--	--	--	---------

Monday 24th	Tuesday 25th	Wednesday 26th	Thursday 27th	Friday 28th
--------------------	---------------------	-----------------------	----------------------	--------------------

Sizzle and Main				
------------------------	--	--	--	--

<p style="text-align: center;">24</p> <p style="text-align: center;">Baked Ziti with Mozzarella Cheese</p> <p>Featured Sides: Spinach Tomato Salad with Italian Dressing Sautéed Cabbage and Onions</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Mini Chicken Sliders on Whole Grain Buns</p> <p>Featured Sides: Oven Roasted Potato Wedges Baby Carrots with Dill Dip Black Bean and Corn Salad</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Homemade Meatloaf with Ketchup Glaze</p> <p>Featured Sides: Steamed Yellow Rice Lima Beans Sautéed Squash and Zucchini</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Barbecue Chicken Legs</p> <p>Featured Sides: Creamy Macaroni and Cheese Hand Shredded Cole Slaw Green Peas</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">Beef Meatball Sub on Whole Grain Roll with Cheese</p> <p>Featured Sides: Oven Roasted Tater Tots Diced Carrots Assorted Whole Fruit</p>
---	--	---	---	--

The Balanced Bite				
--------------------------	--	--	--	--

<p>Turkey and Cheese Sandwich on Whole Grain Bun</p> <p>Buffalo Chicken Wrap on Whole Grain</p> <p>Peachy Cottage Cheese Plate</p>	<p>Tuna Salad Sandwich on Whole Grain Bun</p> <p>All American Sub on Whole Grain Bun</p> <p>Vanilla Yogurt Fruit Plate</p>	<p>Roast Beef and Cheese Sandwich on Whole Grain Bun</p> <p>Turkey and Cheese Wrap on Tortilla</p> <p>Strawberry Yogurt Fruit Plate</p>	<p>Turkey and Cheese Sandwich on Whole Grain Bun</p> <p>All American Sub on Whole Grain Bun</p> <p>Vanilla Yogurt Fruit Plate</p>	<p>Tuna Sandwich on Whole Grain Bun</p> <p>Ham and Cheese Croissant</p> <p>Strawberry Yogurt Fruit Plate</p>
--	--	---	---	--



Fresh Baked WG Bread Basket

Fresh Whole Fruit

Local Farm to School Fruit Salad

January Salad Options

Breaded Chicken Salad with Tomatoes, Cucumbers, and Croutons

Monday 24th

Sizzle and Main

31

All American Hot Dog
on Whole Grain Bun

Featured Sides:

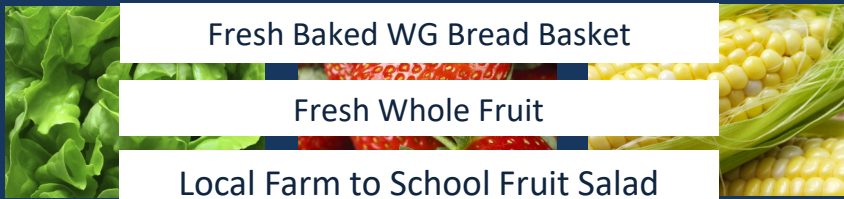
- Baked Beans
- Celery Sticks with
Ranch Dressing
- Assorted Baked Beans

The Balanced Bite

Turkey and Cheese Sandwich
on Whole Grain Bun

Ham and Cheese Croissant

Vanilla Yogurt Fruit Plate



January Salad Options

Breaded Chicken Salad with Tomatoes, Cucumbers, and
Croutons