



YDT High School January 2026 Lunch Menu

All lunches will include at least 1 cup vegetable, 1 cup fruit, 2 oz eq grain and 2 oz eq meat or meat alternative.
8 oz Milk will be served on all dairy lunch days. *Due to religious purposes, juice will be served on meat lunch days.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Bagels Tuna salad/Cr cheese Sliced Fresh Vegetables Fruit Milk	2 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
5 Sicilian Pizza Mushroom Barley soup Fruit Milk	6 Professional Day No School	7 Creamy Mac & Cheese Diced Carrots Fruit Milk	8 Falafel Israeli salad WG pita Fruit Milk	9 Potato kugel Scrambled Eggs WG crackers Fruit Milk
12 Crunchy Pizza Sticks Garden Vegetable Soup Fruit Milk	13 Cubed Deli Salad WG Rice Cakes Potato Knishes Pickles/Salad Fruit Juice*	14 Pasta Tomato Sauce Sliced Cheese Fruit Milk	15 Roasted potatoes Scrambled eggs Wg crackers Fruit Milk	16 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk
19 WG Grilled cheese Split Pea Soup Fruit Milk	20 Chicken Poppers Brown Rice Broccoli Fruit Juice*	21 3 Cheese Baked ziti Diced Carrots Fruit Milk	22 Eggplant Parmesan Garden Vegetable Soup WG Garlic Knots Fruit Milk	23 Waffles Scrambled eggs Baby carrots Fruit Milk
26 French Onion Soup Shredded Mozzarella Garlic knots Fruit Milk	27 WG Beef Cholent Sweet Peas Fruit Juice*	28 Cheese Cannelloni Carrot and Celery sticks Fruit Milk	29 WG Bagels Tuna salad/Cr cheese Sliced Fresh Vegetables Fruit Milk	30 Yogurt/Cheese Blintz Granola Baby carrots Fruit Milk

The institution is an equal opportunity provider.