





JANUARY 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		LUNCH PRICES: Paid is \$3.90 Elementary / \$4.00 Middle School Reduced is \$0.40 cents for all grade levels Free is Free		1  *WINTER VACATION*
5 Pizza Sticks w/ Marinara, Sweet Peas, Apple Slices, Garden Bar, Choice of Milk	6 Walking Tacos (Beef or Chicken), Lettuce & Tomato, Oranges, Garden Bar, Choice of Milk	7 Omelet & Cinnamon Roll, Hashbrown, Peaches, Garden Bar, Choice of Milk	8 American Chop Suey, Tossed Salad w/ Chickpea Croutons, Kiwi, Garden Bar, Choice of Milk	2  *WINTER VACATION*
12 Chicken Patty, Onion Rings, Apple Slices, Garden Bar, Choice of Milk	13 Meatball Subs, Brussel Sprouts, Pear Crisp, Garden Bar, Choice of Milk	14 Pancakes & Parfaits, Chicken Sausage, Baked Beans, Berries, Garden Bar, Choice of Milk	15 Turkey Grinders, Spinach & Berry Salad, Fruit Icy, Garden Bar, Choice of Milk	16 Domino's, Red Pepper Strips, Peaches, Garden Bar, Choice of Milk
19 NO SCHOOL 	20 Turkey Taco, Lettuce & Tomato, Black Beans, Melon, Garden Bar, Choice of Milk	21 Waffles & Chicken Drums, Roasted Carrots, Mixed Fruit Cups, Garden Bar, Choice of Milk	22 Shepherd's Pie, Biscuit, Orange Slices, Garden Bar, Choice of Milk	23 Domino's, Steamed Broccoli, Applesauce, Garden Bar, Choice of Milk
26 Chicken Nuggets, Smile Fries, Corn, Applesauce, Garden Bar, Choice of Milk	27 Orange Chicken Bowl w/ Rice, Broccoli, Pineapple, Garden Bar, Choice of Milk	28 French Toast Sticks, Scrambled Eggs, Grapefruit, Sweet Potato Tots, Garden Bar, Choice of Milk	29 Pasta & Meat Sauce, Bread Stick, Green Beans, Clementines, Garden Bar, Choice of Milk	30 Domino's, Tossed Salad w/ Chickpea Croutons, Fruit Icy, Garden Bar, Choice of Milk


DAILY OFFERINGS INCLUDE ONE OR MORE OF THE FOLLOWING: MUNCHABLE PLATES, YOGURT PLATES, ASSORTED SANDWICHES.

A COMPLETE MEAL INCLUDES AN ENTRÉE, FRUIT, VEGGIE, AND CHOICE OF MILK.

THIS MENU MEETS THE NUTRITIONAL GUIDELINES FOR THE NATIONAL SCHOOL LUNCH PROGRAM AS ESTABLISHED BY THE USDA.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES. MENU SUBJECT TO CHANGE.



Reimbursable Meal: This is a complete meal in which five components (grains, meat/meat-alternative, fruit, vegetable, and a choice of milk) are offered and a student must take at least three of five offerings, one of which needs to be a fruit or a vegetable. Hooksett offers a garden bar filled with alternative choices of fruits and vegetables in addition to the ones that are on the day's menu.

A la Carte Entrée: This is the main entree of a complete meal, ex: Chicken patty on a bun, American Chop Suey, Ham & Cheese Croissant, Grilled Chicken Caesar Wrap, Pizza, etc.

A La Carte Items:	Prices
A La Carte Entree	2.75
Water	.50 for 8oz. 1.00 for 16.9oz
Milk	.50
Premium Water (middle school) 100 % fruit Snapple, plain seltzer and sport top large waters	1.50
Breakfast Entree	2.00
Whole Fruit	.75
Vegetable cups	.75
100 % Fruit Juice	.75
Snacks: whole grain, reduced-fat and -sodium chips, popcorn, sunflower seeds, whole grain and low-sugar pop tart, whole grain Goldfish & Cheez-Its, etc.	1.00
Roll	.50
Extra Dressings	.50
Cheese Stick (low-fat & low-sodium)	.75
Extra Sides (French fries, Caesar salad, etc.)	1.00
Cookie (whole grain reduced-fat & reduced-sodium)	.75
Ice Cream (low-fat & low-sugar)	1.00
Ice Cream Premium (middle school)	1.50
Yogurt	.75