



JANUARY 2023 LUNCH MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREADS	AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES A YOGURT CUP OR STRING CHEESE & A GRAIN SNACK (YOGURT FLAVORS & GRAIN SNACK WILL VARY BY SCHOOL)		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
2 NO SCHOOL	3 PIZZA CRUNCHERS MARINARA SAUCE VEGGIES	4 SUB SANDWICH SUN CHIPS VEGGIES	5 SLOPPY JOE WAFFLE FRIES VEGGIES	6 TACOS FIESTA BEANS VEGGIES HOMEMADE COOKIE
9 PERSONAL PIZZA VEGGIES SIDEKICK SLUSHIE	10 SALISBURY STEAK MASHED POTATOES GRAVY DINNER ROLL VEGGIES	11 HAM & CHEESE ON A PRETZEL ROLL SMILEY FRIES VEGGIES	12 BREAKFAST BOWL (HASHBROWNS, SCRAMBLED EGGS, SHREDDED CHEESE) SAUSAGE LINKS BAGEL VEGGIES	13 NO SCHOOL
16 CHICKEN NUGGETS MAC & CHEESE GARLIC BREADSTICK VEGGIES	17 CHEESEBURGER BAKED BEANS CRINKLE FRIES VEGGIES	18 QUESADILLA FIESTA BEANS SEASONED RICE VEGGIES	19 PASTA W/ MEAT SAUCE BOSCO STICK VEGGIES	20 FISH NUGGETS TATER TOTS COLESLAW VEGGIES
23 CORN DOG SUN CHIPS VEGGIES	24 BUILD YOUR OWN BURRITO BOWL (CHICKEN OR BEEF) SEASONED RICE FIESTA BEANS CORN	25 BBQ RIBLET TATO WEDGES VEGGIES	26 CHICKEN POT PIE GARLIC BREADSTICK VEGGIES	27 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE
30 STUFFED CRUST PIZZA VEGGIES	31 HOT DOG/CHILI DOG LOADED FRIES VEGGIES			



JANUARY 2023 LUNCH MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS ARE SERVED WITH GARDEN BAR, FRUIT CHOICES, LOW-FAT MILK & WHOLE GRAIN BREAD			MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
2 NO SCHOOL	3 PIZZA CRUNCHERS MARINARA SAUCE VEGGIES	4 ORANGE CHICKEN SEASONED RICE VEGGIES	5 SLOPPY JOE WAFFLE FRIES VEGGIES	6 TACOS FIESTA BEANS VEGGIES HOMEMADE COOKIE
9 PERSONAL PIZZA VEGGIES SIDEKICK SLUSHIE	10 SALISBURY STEAK MASHED POTATOES GRAVY DINNER ROLL VEGGIES	11 HAM & CHEESE ON A PRETZEL ROLL SMILEY FRIES VEGGIES	12 BREAKFAST BOWL (HASHBROWNS, SCRAMBLED EGGS, SHREDDED CHEESE) SAUSAGE LINKS BAGEL VEGGIES	13 NO SCHOOL
16 CHICKEN NUGGETS MAC & CHEESE GARLIC BREADSTICK VEGGIES	17 CHEESEBURGER BAKED BEANS CRINKLE FRIES VEGGIES	18 QUESADILLA FIESTA BEANS SEASONED RICE VEGGIES	19 PASTA W/ MEAT SAUCE BOSCO STICK VEGGIES	20 FISH NUGGETS TATER TOTS COLESLAW VEGGIES
23 CORN DOG SUN CHIPS VEGGIES	24 BUILD YOUR OWN BURRITO BOWL (CHICKEN OR BEEF) SEASONED RICE FIESTA BEANS CORN	25 BBQ RIBLET TATO WEDGES VEGGIES	26 CHICKEN POT PIE GARLIC BREADSTICK VEGGIES	27 FRENCH TOAST STICKS SAUSAGE PATTY CHEESE OMELET APPLESAUCE
30 STUFFED CRUST PIZZA VEGGIES	31 HOT DOG/CHILI DOG LOADED FRIES VEGGIES			



JANUARY 2023 BREAKFAST MENU HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREADS, CEREAL BARS, CEREAL, MUFFINS & YOGURT PARFAITS AVAILABLE DAILY	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
2 NO SCHOOL	3 CINNIMINI FRUIT & JUICE MILK	4 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	5 PIZZA FRUIT & JUICE MILK	6 MINI DONUTS FRUIT & JUICE MILK
9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 COMBO BAR TOAST FRUIT & JUICE MILK	11 BREAKFAST SANDWICH FRUIT & JUICE MILK	12 PANCAKE ON A STICK FRUIT & JUICE MILK	13 NO SCHOOL
16 APPLE FRUDEL FRUIT & JUICE MILK	17 POWER BITES TOAST FRUIT & JUICE MILK	18 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	19 BAGEL PIZZA FRUIT & JUICE MILK	20 CINNAMON ROLL FRUIT & JUICE MILK
23 MINI WAFFLES FRUIT & JUICE MILK	24 BREAKFAST BURRITO FRUIT & JUICE MILK	25 BISCUITS & GRAVY SAUSAGE LINKS FRUIT & JUICE MILK	26 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	27 APPLE FILLED DONUT FRUIT & JUICE MILK
30 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	31 COMBO BAR TOAST FRUIT & JUICE MILK			



JANUARY 2023 BREAKFAST MENU K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AN ALTERNATIVE MAIN COURSE WILL BE OFFERED DAILY. THIS MEAL INCLUDES ASSORTED GRAINS, TOAST, YOGURT OR STRING CHEESE, FRUIT, JUICE & MILK	LOW-FAT MILK CHOICES & WHOLE GRAIN BREAD ITEMS ARE AVAILABLE DAILY WITH BREAKFAST		MENUS ARE SUBJECT TO CHANGE	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER
2 NO SCHOOL	3 CINNIMINI FRUIT & JUICE MILK	4 CHEESE OMELET TRI TATER TOAST FRUIT & JUICE MILK	5 PIZZA FRUIT & JUICE MILK	6 MINI DONUTS FRUIT & JUICE MILK
9 FRENCH TOAST STICKS FRUIT & JUICE MILK	10 COMBO BAR TOAST FRUIT & JUICE MILK	11 BREAKFAST SANDWICH FRUIT & JUICE MILK	12 PANCAKE ON A STICK FRUIT & JUICE MILK	13 NO SCHOOL
16 APPLE FRUDEL FRUIT & JUICE MILK	17 BREAKFAST BITES FRUIT & JUICE MILK	18 SCRAMBLED EGGS SAUSAGE LINKS TOAST FRUIT & JUICE MILK	19 BAGEL PIZZA FRUIT & JUICE MILK	20 CINNAMON ROLL FRUIT & JUICE MILK
23 MINI WAFFLES FRUIT & JUICE MILK	24 BREAKFAST BURRITO FRUIT & JUICE MILK	25 PANCAKES SAUSAGE LINKS FRUIT & JUICE MILK	26 SAUSAGE & EGG BITES TOAST FRUIT & JUICE MILK	27 APPLE FILLED DONUT FRUIT & JUICE MILK
30 STRAWBERRY MINI BAGEL FRUIT & JUICE MILK	31 COMBO BAR TOAST FRUIT & JUICE MILK			