

# January 2023 Lunch Menu



Mon	Tues	Wed	Thu	Fri
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	Tomato Soup Grilled Cheese Sandwich Cucumber Slices Diced Pears Brownie Milk	Super Nachos Grilled Corn Fresh Veggies Fruit Salad Milk	Stuffed Crust Pizza Tossed Salad Fresh Cauliflower Diced Peaches Milk	Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrot Coins Fresh Grapes Milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Chick Fillet Sandwich Waffle Fries Baby Carrots Fresh Fruit Cup Milk	French Toast Sausage Patty Hash Brown Orange Juice Yogurt Parfait Milk	Chicken Parmesan Garlic Bread Caesar Salad Applesauce Milk	Flatbread Sandwiches Sweet Potato Fries Cauliflower Salad Frozen Fruit Cup Milk	Big Valley Burger French Fries Fresh Pineapple Creamy Pudding Cup Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
No School	<i>Senior Meal</i>			
	Meatball Stroganoff Garlic Knot Green Beans Fresh Carrots Apple Slices Oreo Pudding Milk	Baked Potato Cowboy Beans Cheesy Broccoli Diced Pears Milk	White Chicken Chili <u>or</u> Chicken Noodle Soup Cornbread Pepper Slices Mandarin Oranges Milk	Chicken Tetrazzini Dinner Roll Steamed Broccoli Fruit Smoothie Milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Chipotle Bar (Seasoned Chicken, Rice, Beans, Lettuce, Salsa) Grilled Corn Banana Milk	Chili or Cheeseburger Soup Garlic Bread Fresh Hummus Juicy Orange Cinnamon Roll Milk	Pulled Pork Sandwich Coleslaw Creamy Crunchy Corn Cherry Tomatoes Fruit Slush Milk	Turkey with Gravy Dinner Roll Mashed Potatoes Seasoned Peas Applesauce Milk	Meatball Sub Mozzarella Stix Broccoli Salad Fresh Melon Milk
<b>30</b>	<b>31</b>			
Chicken Quesadillas Savory Rice Mexican Black Beans Diced Peaches Oatmeal Cookie Milk	Homemade Pizza Tossed Salad Frozen Fruit Cup Rice Crispy Treat Milk			

In accordance with the USDA guidelines, students must choose at least 3 of the 5 meal components, one of which must be a fruit or vegetable side.

Each day, students may choose to order a Chef Salad as a substitute for the main entrée listed on our lunch menu.

Milk Choices:  
(with every meal)  
1% White  
1% Chocolate  
\*\*Extra Milk \$.50



Menu subject to change