




This institution is an equal opportunity provider.

## JANUARY 2023

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
|   | <p style="text-align: right;">3</p> <p><b>Breakfast</b><br/>Pancakes &amp; Sausage Bites<br/>Banana</p> <p><b>Lunch</b><br/>Sausage Pizza<br/>Broccoli<br/>Cherry Tomatoes<br/>Fruit Cocktail<br/>2nd Choice Ham &amp; Cheese Sub</p>                                 | <p style="text-align: right;">4</p> <p><b>Breakfast</b><br/>Bagel w/ Cream Cheese<br/>Raspberries</p> <p><b>Lunch</b><br/>Taco Burger<br/>Tortilla Chips (6-12)<br/>Salsa<br/>Lettuce<br/>Refried Beans<br/>Strawberries<br/>2nd Choice Turkey &amp; Cheese Sub</p> | <p style="text-align: right;">5</p> <p><b>Breakfast</b><br/>Sausage Egg and Sandwich<br/>Sliced Pears</p> <p><b>Lunch</b><br/>Lasagna w/ Marinara Sauce<br/>Garlic Breadstick<br/>Garden Salad<br/>Steamed Carrots<br/>Grapes<br/>Chocolate Chip Cookie<br/>2nd Choice Ham &amp; Cheese Sub</p>   | <p style="text-align: right;">6</p> <p><b>Breakfast</b><br/>Cinnamon Roll<br/>Mandarin Oranges</p> <p><b>Lunch</b><br/>Chicken Patty on a Bun<br/>Mashed Potatoes &amp; Gravy<br/>Asparagus<br/>Peaches<br/>2nd Choice Turkey &amp; Cheese Sub</p>                |
| <p style="text-align: right;">9</p> <p><b>Breakfast</b><br/>Muffin<br/>Yogurt Cup<br/>Apple</p> <p><b>Lunch</b><br/>Chicken Nuggets<br/>Rice<br/>Green Beans<br/>Cherry Tomatoes<br/>Pears<br/>2nd Choice Turkey &amp; Cheese Sub</p>                          | <p style="text-align: right;">10</p> <p><b>Breakfast</b><br/>Biscuit &amp; Gravy<br/>Pineapple</p> <p><b>Lunch</b><br/>Super Nachos<br/>Lettuce &amp; Tomatoes<br/>Refried Beans<br/>Salsa<br/>Fruit Cocktail<br/>2nd Choice Ham &amp; Cheese Sub</p>                 | <p style="text-align: right;">11</p> <p><b>Breakfast</b><br/>Cake Donut<br/>Mandarin Oranges</p> <p><b>Lunch</b><br/>Cheesy Breadsticks<br/>w/ Marinara Sauce<br/>Tossed Salad<br/>Corn<br/>Peaches<br/>2nd Choice Turkey &amp; Cheese Sub</p>                      | <p style="text-align: right;">12</p> <p><b>Breakfast</b><br/>Omelet<br/>Salsa<br/>Grapes</p> <p><b>Lunch</b><br/>Pulled Pork on a Bun<br/>Baked Beans<br/>Coleslaw<br/>Applesauce<br/>2nd Choice Ham &amp; Cheese Sub</p>   | <p style="text-align: right;">13</p> <p><b>Breakfast</b><br/>French Toast Sticks w/ Syrup<br/>Fruit Cocktail</p> <p><b>Lunch</b><br/>Cheese Pizza<br/>Carrots<br/>Fresh Broccoli<br/>Orange<br/>Cherry Crisp (6-12)<br/>2nd Choice Turkey &amp; Cheese Sub</p>    |
| <p style="text-align: right;">16</p> <p><b>NO SCHOOL</b></p>   | <p style="text-align: right;">17</p> <p><b>Breakfast</b><br/>Cinnamon Roll<br/>Banana</p> <p><b>Lunch</b><br/>Cheeseburger on a Bun<br/>French Fries<br/>Tomato Slice &amp; Lettuce<br/>Red Peppers Strips<br/>Fruit Cocktail<br/>2nd Choice Ham &amp; Cheese Sub</p> | <p style="text-align: right;">18</p> <p><b>Breakfast</b><br/>Breakfast Pizza<br/>Peaches</p> <p><b>Lunch</b><br/>Pancake w/syrup<br/>Sausage Patty<br/>Hash Brown<br/>Green Beans<br/>Strawberries<br/>2nd Choice Turkey &amp; Cheese Sub</p>                       | <p style="text-align: right;">19</p> <p><b>Breakfast</b><br/>Breakfast Burrito w/ Salsa<br/>Graham Snacks<br/>Kiwi</p> <p><b>Lunch</b><br/>Chicken Tenders<br/>Mashed Potatoes<br/>Broccoli<br/>Cherry Tomatoes<br/>Grapes<br/>Dinner Roll<br/>2nd Choice Ham &amp; Cheese Sub</p>  | <p style="text-align: right;">20</p> <p><b>Breakfast</b><br/>Muffin<br/>Applesauce</p> <p><b>Lunch</b><br/>Sloppy Joe on a Bun<br/>Roasted Red Potatoes<br/>Peas<br/>Peach<br/>2nd Choice Turkey &amp; Cheese Sub</p>   |
| <p style="text-align: right;">23</p> <p><b>Breakfast</b><br/>English Muffin<br/>Sausage Patty<br/>Pears</p> <p><b>Lunch</b><br/>Chicken Crispito<br/>Tortilla Chips (9-12)<br/>Corn<br/>Lettuce<br/>Salsa<br/>Apple<br/>2nd Choice Turkey &amp; Cheese Sub</p> | <p style="text-align: right;">24</p> <p><b>Breakfast</b><br/>Long John<br/>Orange</p> <p><b>Lunch</b><br/>Spaghetti w/ Meat Sauce<br/>Garden Salad<br/>Carrots<br/>Peaches<br/>2nd Choice Ham &amp; Cheese Sub</p>  | <p style="text-align: right;">25</p> <p><b>Breakfast</b><br/>Long John<br/>Apricots</p> <p><b>Lunch</b><br/>Grilled Chicken on a Bun<br/>Peas<br/>Baked Beans<br/>Mandarin Oranges<br/>Royal Brownie (6-12)<br/>2nd Choice Turkey &amp; Cheese Sub</p>              | <p style="text-align: right;">26</p> <p><b>Breakfast</b><br/>Chicken Patty on Biscuit<br/>Fruit Cocktail</p> <p><b>Lunch</b><br/>Hamburger on a Bun<br/>Tomato Slice<br/>Lettuce<br/>Sweet Potato Fries<br/>Applesauce<br/>2nd Choice Ham &amp; Cheese Sub</p>  | <p style="text-align: right;">27</p> <p><b>Breakfast</b><br/>Pancake on a Stick<br/>Syrup<br/>Strawberries</p> <p><b>Lunch</b><br/>Meatloaf<br/>Mashed Potatoes<br/>Steamed Broccoli<br/>Orange<br/>Dinner Roll (6-12)<br/>2nd Choice Turkey &amp; Cheese Sub</p> |
| <p style="text-align: right;">30</p> <p><b>Breakfast</b><br/>Waffles W/ Syrup<br/>Pineapples</p> <p><b>Lunch</b><br/>Hot Ham &amp; Cheese<br/>Potato Smiles<br/>Red Pepper Strips<br/>Apple<br/>2nd Choice Turkey &amp; Cheese Sub</p>                         | <p style="text-align: right;">31</p> <p><b>Breakfast</b><br/>Pancakes &amp; Sausage Bites<br/>Banana</p> <p><b>Lunch</b><br/>Popcorn Chicken<br/>Dinner Roll<br/>Broccoli<br/>Cherry Tomatoes<br/>Fruit Cocktail<br/>2nd Choice Ham &amp; Cheese Sub</p>              | <p style="text-align: right;">31</p> <p><b>Breakfast</b><br/>Long John<br/>Apricots</p> <p><b>Lunch</b><br/>Grilled Chicken on a Bun<br/>Peas<br/>Baked Beans<br/>Mandarin Oranges<br/>Royal Brownie (6-12)<br/>2nd Choice Turkey &amp; Cheese Sub</p>              | <p style="text-align: right;">26</p> <p><b>BREAKFAST IS SERVED EVERYDAY! JOIN US TO START YOUR DAY OFF RIGHT!!!</b></p> <p><b>ALL STUDENTS MUST TAKE A SERVING OF FRUIT OR JUICE FOR BREAKFAST AND A FRUIT OR VEGETABLE FOR LUNCH</b></p> <p><b>SKIM, CHOCOLATE SKIM &amp; 1% MILK AVAILABLE AT ALL MEALS</b></p> <p><b>100% FRUIT JUICE AVAILABLE AT BREAKFAST MEALS</b></p> |   |
|  |   |   |   | <p><b>Lunch Prices</b><br/>TK/K-4th \$2.95<br/>5th-12th \$3.25<br/>Adult \$4.15</p> <p><b>Breakfast Prices</b><br/>TK/K-12 \$2.45<br/>Adult \$2.90</p> <p><b>MENU SUBJECT TO CHANGE</b></p>   |