

# January 2023- Lunch Menu

Students Must Take ½ Cup Of Fruit Plus 2 Other Items Of Their Choice

Sun	Mon	Tues	Wed	Thu	Fri	Sat
1 	2	3 <b>Wel</b>	4 <b>come</b>	5 <b>Back</b>	6	7 
8	9 <b><u>No School</u></b>	10 Pepperoni Pizza, Corn on the Cob, Mixed Vegetables, Peaches, Mixed Fruit, Jalapenos	11 Cheese Pull Apart, Chicken Noodle Campbell Soup, Green Beans, Pineapple, Applesauce	12 Cheeseburger, Iceberg Lettuce, Sliced Tomato, Baby Carrots, Fresh Orange, Diced Pears, Hot Cheetos, Ketchup, Mustard	13 Bean and Cheese Burrito, Rice, Celery Stick, Corn, Fresh Strawberries, Peaches, Salsa	14
15	16 <b><u>No School</u></b>	17 Chicken Strips, Roll, Potato Salad, Broccoli, Orange, Mixed Fruit, BBQ Sauce, Ketchup	18 Frito Boat, Mixed Salad, Spinach, Cucumber, Cheese Cup, Frito Chips, Red Apple	19 Chicken Fajitas, Soft Taco, Shredded Lettuce, Diced Tomato, Baby Carrots, Orange, Kiwis, Salsa, Sour Cream	20 Ham and Cheese Sandwich, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, Grapes, Green Apple, Doritos, Mustard	21
22	23 Ground Beef Tostada, Shredded Lettuce, Diced Tomato, Baby Carrots, Apple Juice, Pineapple, Green Jalapenos	24 Chicken Wings, Corn on the Cob, Macaroni Salad, Roll, Applesauce, Fresh Pear, Hot Cheetos	25 Spaghetti with Meat, Green Beans, Roll, Cheese Cup, Baby Carrots, Red Apple	26 Chicken Sandwich, Iceberg Lettuce, Sliced Tomato, Jicama Sticks, Orange, Mixed Fruit, Potato Chips Lays, Ketchup, Mustard	27 Baked Potato Bar (6 <sup>th</sup> -12 <sup>th</sup> ), Grilled Cheese Sandwich (PS- 5 <sup>th</sup> ), Cheese Cup, Roll, Bacon, Celery Stick, Baby Carrots, Peaches, Pineapple	28
29	30 Beef Barbacoa Sandwich, Shredded Lettuce, Diced Tomato, Corn on the Cob, Red Apple, Doritos	31 Orange Chicken, Steamed Rice, Roll, Broccoli, Mixed Vegetables, Pear, Apple Slices	On Thursdays and Fridays, High School Students (9 <sup>th</sup> -12 <sup>th</sup> ) will have the option to take either the main meal served for the day, or Salad Bar freshly prepared daily. Mixed Salad, Spinach, Cucumber, Broccoli, Cheese Cup, Diced Ham, Shredded Carrots, Boiled Egg, Croutons, Ranch		<b>Milk With Every Meal</b>	<b>Menu Subject To Change</b>