



JANUARY | 2023

High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School	3 No School	4 Spaghetti with Meatballs OR Chicken Alfredo Garlic Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	5 Beef and Cheddar Sandwich OR Pulled Pork BBQ Sandwich Mac and Cheese Steamed Broccoli Celery with Dip Mandarin Oranges Fresh Bananas Milk	6 Mini French Toast OR Mini Waffles Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Oranges Milk
9 Chicken Patty Sandwich OR Fish Sandwich Potato Wedges Baked Beans Celery with Dip Peach Cups Frozen Sidekicks Milk	10 3, 4, or 5 Way Chili Spaghetti Kidney Beans, Oyster Crackers Shredded Cheese, Onions Glazed Carrots Garden Salads Pear Cups Fresh Apples Milk	11 Steak Hoagie Sandwich OR Salisbury Steak with Roll Mashed Potatoes with Gravy Green Beans Cucumbers and Dip Strawberry or Mixed Berry Cups Fresh Grapes Milk	12 General Tso's Chicken OR Sweet Thai Chicken Brown Rice Steamed Broccoli Mandarin Oranges Fresh Bananas Fortune Cookies Milk	13 Grilled Cheese OR Cheesy Flatbread Tomato Soup, Oyster Crackers Garden Salads Veggie Boats with Dip Applesauce Fresh Oranges Milk
16 MLK Day No School	17 Hot Dog OR Cheese Coney Roasted Potatoes Green Beans Cucumbers and Dip Pear Cups Fresh Apples Milk	18 Rotini with Meat Sauce and Garlic Breadstick OR Cheese Bites with Marinara Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	19 Chicken Nuggets OR Fish Nuggets Mac and Cheese Baked Beans Corn Mandarin Oranges Fresh Bananas Milk	20 Mini Cinnamon Rolls OR Mini Cream Cheese Bagels Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Oranges Milk
23 Mini Corn Dogs OR Hot Dog Mac and Cheese Corn Carrots with Dip Peach Cups Frozen Sidekicks Milk	24 Hamburger OR Cheeseburger Potato Wedges Green Beans Garden Salads Pear Cups Fresh Apples Milk	25 Two Chicken Drumsticks With Dinner Roll OR Turkey/Ham and Cheese Sub Mashed Potatoes and Gravy Green Beans Strawberry or Mixed Berry Cups Fresh Grapes Milk	26 Beef Nachos OR Queso Chicken Rice, Salsa Cups, Sour Cream Black Beans, Corn Mexican Salad Mandarin Oranges Fresh Bananas Milk	27 Pizza Crunchers OR Mini Cheese Calzones Marinara Sauce Steamed Broccoli Veggie Boats with Dip Applesauce Cups Fresh Oranges Milk
30 Fiestada Pizza OR Chicken/Cheese Quesadilla Salsa, Sour Cream Corn, Refried Beans Cucumbers with Dip Peach Cups Frozen Sidekicks Milk	31 Chicken Tenders OR Fish Tenders Waffle Fries Green Beans Mini Biscuit Pear Cups Fresh Apples Milk	1 Spaghetti with Meatballs OR Chicken Alfredo Garlic Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	2 Beef and Cheddar Sandwich OR Pulled Pork BBQ Sandwich Mac and Cheese Steamed Broccoli Celery with Dip Mandarin Oranges Fresh Bananas Milk	3 Mini French Toast OR Mini Waffles Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Oranges Milk

Alternate Meal Options

Milk and choice of fruits and vegetables offered daily with all alternate meal options

PB&J Grab & Go

PB & J Uncrustable, cheese stick and Goldfish crackers

Yogurt Grab & Go

Yoplait yogurt, cheese stick, Goldfish crackers and pretzels

Turkey or Ham Lunchable

Turkey or ham, cheese cubes, Goldfish crackers and pretzels

Chef Salad

Turkey or ham, hard-boiled egg, romaine, cucumbers, tomatoes, Goldfish crackers and pretzels

Buffalo or Plain Chicken Wrap

Meat options not offered on Fridays

Menu subject to change by product availability

This institution is an equal opportunity employer