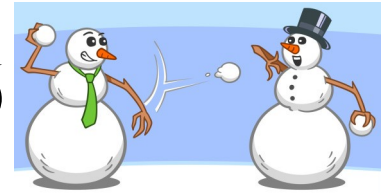


January 2023 Menu



All meals include skim (white) or low-fat chocolate milk, as well as a variety of fresh fruit and fresh vegetables. All grain items are whole-grain rich ($\geq 51\%$ whole grain). The menu is subject to change without notice. This institution is an equal opportunity provid-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EXPRESS LUNCH 1/2 Turkey or Ham & Cheese sandwich Fruit cup Baby carrots & ranch dip	2 Christmas Break NO SCHOOL	3 Walking Taco Refried Beans Corn	4 Mini Corn Dogs Baked Beans Hot Carrots	5 Spaghetti & Meat Sauce Breadstick Broccoli	6 Pizza Dippers & Sauce Brown Rice Peas	7 <u>Student Prices</u> Daily: \$3.10 Weekly \$15.50 This Month \$86.80
8 EXPRESS LUNCH 1/2 Turkey or Ham & Cheese sandwich Fruit cup Baby carrots & ranch dip	9 Chicken Nuggets Breadstick Potato Wedges Cauliflower	10 Cheese Pizza Chicken Noodle Soup Green Beans	11 Baked Potato Bar Breadstick Broccoli	12 Hot Dog Baked Beans Hot Carrots Cole Slaw	13 French Toast Sticks Hashbrown Orange Juice	14 <u>Adult/Guest Prices</u> Daily: \$3.85 Weekly: \$19.25 This Month: \$107.80
15 EXPRESS LUNCH 1/2 Turkey or Ham & Cheese sandwich Fruit cup Baby carrots & ranch dip	16 Teacher In-service NO SCHOOL	17 Pepperoni Pizza Potato Wedges Cauliflower	18 Walking Taco Refried Beans Corn	19 Salisbury Steak Mashed Potatoes Gravy Green Beans Dinner Roll	20 Grilled Cheese Tomato Soup Peas	21
22 EXPRESS LUNCH 1/2 Turkey or Ham & Cheese sandwich Fruit cup Baby carrots & ranch dip	23 Pancakes Sausage Patty Hashbrown	24 Mac & Cheese w/ Breadstick Green Beans	25 Chicken Patty French Fries Peas & Carrots	26 Roast Turkey Mashed Potatoes Gravy Corn Dinner Roll	27 Fish Sandwich Seasoned Rice Broccoli	28
29 EXPRESS LUNCH 1/2 Turkey or Ham & Cheese sandwich Fruit cup Baby carrots & ranch dip	30 Sausage Pizza Brown Rice Peas	31 Pizza Burger Chicken Soup Green Beans	Feb. 1 Meatballs in Gravy Mashed Potatoes Gravy Corn Dinner Roll	Feb. 2 Cheeseburger Tater Tots Broccoli	Feb. 3 Pancakes Hashbrown Muffin Orange Juice	