



Most Holy Redeemer
CATHOLIC SCHOOL

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1No School	2	3 Chicken Alfredo Garlic Toast Broccoli Cucumber Peaches	4 Corn Dog Chips Corn Baby Carrots Pears	5 Fish Nuggets Mac & Cheese Peas Orange Slices Bread
8 Chicken Sandwich French Fries Peas Pears Lettuce Salad	9 Grilled Ham & Cheese Sandwich Scalloped Potato Baby Carrots Apple Slices	10 Spirit Day Taco Day Spanish Rice Corn Fruit Cocktail	11 Pork Sandwich Tatar Tots Green Beans Celery Pineapple	12 French Toast Sausage Patty Scrambled Eggs Carrots Strawberries
15 Sloppy Joe French Fries Celery/Baby Carrots Apple Sauce Pickles	16 Chicken Nuggets Mac & Cheese Cauliflower Peaches Bread	17 Hamburger Buttered Noodles Baked Beans Baby Carrots Orange Slices	18 Spaghetti & Meat sauce Romaine Salad Garlic Toast Pears	19 Tomato Soup Or Chili Grilled Cheese Cukes Apple Slices
22No School	23	24 Chicken Fajita Chips/Salsa Corn Peaches	25 Tatar Tot Hotdish Green Beans Pears Lettuce Salad Bread	26 Shrimp Poppers Fried Rice Broccoli Mandarin Oranges Bun
29 St John the Baptist Manicotti Figs Celery/Baby Carrots Fruit Kebabs	30 St Lucy Swedish Meatballs Buttered Noodles Peas & Carrots Pears	31 St Francis of Assisi Italian Dunkers Mini Hotdogs Corn Pineapple	Feb 1 St Joesph Salisbury Steak Mashed Potatoes Carrots Strawberries & Blueberries	Feb 2 St Patrick Parents Lunch Fish & Chips Green Beans Lettuce Salad Peaches

All meals include 1 cup of 1% milk; chocolate or regular
Menus comply with the new USDA nutritional guidelines:
100% juice, no more than one serving per day
Name of breakfast cereal to confirm the sugar limit is met

MHRS is an equal opportunity provider.

