

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 No school	Jan - 3 Beef Stroganoff Lettuce Salad with cheese Green Beans Grapes Bread Slice	Jan - 4 BBQ Meatballs Au Gratin Potatoes Peas Apple Slices Bread Roll	Jan - 5 Taco Day w/lettuce, tomato, cheese, sour cream Spanish Rice Corn Orange Slices	Jan - 6 French Toast Sticks Sausage Patty Cottage Cheese or Yogurt Carrots Blue & Strawberries
Jan - 9 Teriyaki Chicken Vegetable Fried Rice Asian Slaw Broccoli Mandarin Oranges Bun or Bread Slice	Jan - 10 Hot Dog Macaroni & Cheese Peas Coleslaw Banana or Peaches	Jan - 11 Spirit Day BBQ Pulled Pork Sandwich Choice of Chips Baked Beans Coleslaw Tropical Fruit	Jan - 12 Ground Beef Gravy Mashed Potatoes Green Beans Pears Bread Roll	Jan - 13 Tomato Soup or Chili Soup w/crackers Grilled Cheese Celery Sticks w/ranch Applesauce
Jan - 16 No school MLK Day	Jan - 17 Corn Dog French Fries Green Beans Baby carrots w/ranch Apple Slices	Jan - 18 Sloppy Joe Tater Tots Carrots Coleslaw Pineapple	Jan - 19 Baked Turkey Mashed Potatoes and gravy Sausage Stuffing Green Beans Apple Crisp	Jan - 20 Shrimp Poppers Vegetable Fried Rice Asian Slaw Cauliflower Mandarin Oranges
Jan - 23 Chicken Drumsticks Baked Potato w/sour cream, onion, cheese Peas Applesauce Bun or Bread Slice	Jan - 24 Salisbury Steak with onions & gravy Mashed Potatoes Carrots Fruit Cocktail Bread Roll	Jan - 25 Chicken Nuggets Macaroni & Cheese Peas Celery Sticks w/ranch Pineapple	Jan - 26 Chicken Alfredo Garlic Toast Broccoli Romaine Salad Peaches	Jan - 27 Fam. Fun Night Fish Sandwich with lettuce French Fries Coleslaw Green Beans Orange Slices
Jan - 30 Start of CSW	Jan - 31			
Chicken Fajita with fried onions and peppers Nachos with salsa Corn Fruit Cocktail	Hamburger with onion, pickle, lettuce, cheese French Fries Baby carrots w/ranch Pears			

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
- At least one whole grain-rich food per day
- Both a fruit and vegetable or two different vegetables at lunch
- Milk must be (1%) * No flavored milk in conjunction with snack menu