

# January 2023

**Please Note: Breakfast Milk choice includes a choice of non-fat(unflavored) or 1%(unflavored) milk,  
Lunch includes a choice of non-fat (flavored or unflavored) or 1%(unflavored) milk  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich**

Mon	Tue	Wed	Thu	Fri
<b>2</b> No School	<b>3</b> No School	<b>4</b> B'fast-Pancake on Stick, Fruit, Juice, Milk  Elem-Cook's Choice  Lunch- Taco in Bag, Lettuce, Tomatoes, Cheese, Refried beans, Green Beans, ½ Orange, Pears, Milk	<b>5</b> B'fast-Biscuits&Sausage Gravy, Fruit, Juice, Milk  Lunch- Cheeseburger on Bun, French Fries, Romaine/Spinach, Applesauce, Pears, Milk	<b>6</b> B'fast- Egg/Cheese Biscuits, Fruit, Juice, Milk  Lunch-Cheddarwurst, Baked Beans, Baby Carrots, ½ Apple, Mandarin Oranges, Milk
<b>9</b> B'fast-Egg/Ham Combo, Toast, Fruit, Juice, Milk  Lunch-Pizza, Romaine/Spinach Salad, Green Beans, Strawberries, Pineapple, Milk	<b>10</b> B'fast-French Toast Sticks, Fruit, Juice, Milk  Lunch-Chicken Fajita, Refried Beans, Romaine Lettuce, Cheese, Fresh Fruit, Peaches, Milk	<b>11</b> B'fast-Waffles, Cheese Stick, Fruit, Juice, Milk  Lunch-Chicken Patty on Bun, Curly Fries, Fresh Fruit, Pears, Milk	<b>12</b> B'fast-Breakfast Pizza, Fruit, Juice, Milk  Lunch-Crispito's w/Cheese&Chili, Green Beans, Refried beans, B/B Sandwich, Peaches, Applesauce, Milk	<b>13</b> B'fast-Egg/Cheese Omelet, Toast, Fruit, Juice, Milk  Lunch-Salisbury Steak, Mashed Potatoes, B/B Sandwich, Pears, Banana, Milk
<b>16</b> B'fast-Biscuits & Sausage Gravy, Fruit, Juice, Milk  Lunch-Spaghetti w/ Meat Sauce, Green Beans, Romaine/Spinach, Fresh Fruit, Peaches, Milk	<b>17</b> B'fast-Egg/Ham Combo, Toast, Fruit, Juice, Milk  Lunch-Mini Corndogs, Broccoli w/Cheese, Baby Carrots, Applesauce, 1/2 Orange, Milk	<b>18</b> B'fast-Egg/Cheese Muffin, Fruit, Juice, Milk  Lunch-Pork Tender on Bun, Peas, Rice, Pears, Applesauce, Milk	<b>19</b> B'fast-Pancake on Stick, Fruit, Juice, Milk  Lunch-Chicken Strips, Mashed Potatoes, B/B Sandwich, Peaches, Mixed Fruit, Milk	<b>20</b> B'fast-Breakfast Pizza, Fruit, Juice, Milk  Lunch-Chili, Cheese Sandwich, Baby Carrots, Apple crisp, Crackers, Milk
<b>23</b> B'fast-French Toast Sticks, Fruit, Juice, Milk  Lunch-Rib on Bun, Wedge Fries, Baby Carrots, Mandarin Oranges, ½ Apple, Milk	<b>24</b> B'fast- Egg/Ham Combo, Toast, Fruit, Juice, Milk  Lunch-Creamed Chicken on Biscuits, Peas, Baby Carrots, Fresh Fruit, Peaches, Milk	<b>25</b> B'fast-Egg/Cheese Omelet, Toast, Fruit, Juice, Milk  Lunch-Italian Chicken on Bun, Tator Tots, Baby Carrots, ½ Orange, Pears, Milk	<b>26</b> B'fast-Breakfast Pizza, Fruit, Juice, Milk  Lunch-Lasagna, Corn, Romaine/Spinach, Breadstick, Pineapple, Applesauce, Milk	<b>27</b> B'fast-Egg/Cheese Biscuits, Fruit, Juice, Milk  Lunch-Hot Dog on Bun, Baked Beans, Baby Carrots, Banana, Pears, Milk
<b>30</b> B'fast-Egg/Cheese Omelet, Toast, Juice, Milk  Lunch-Grilled Ham&Cheese, Baked Beans, Baby Carrots, ½ Orange, Pears, Milk	<b>31</b> B'fast-Waffles, Cheese Stick, Fruit, Juice, Milk  Lunch-Pizza, Romaine/Spinach Salad, Green Beans, Strawberries, Pineapple, Milk			