

JANUARY 2023

North Union Elm/MS Swea City Campus

*MS salad bar offered as alternate meal
 *Menu subject to change
 *Juice served daily with breakfast
 *Milk served daily with breakfast and lunch

Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	No School 3	Breakfast: waffles, fruit 4 Lunch: pizza, peas, mixed fruit	Breakfast: uncrustable, fruit 5 Lunch: criptios, chili, cheese, romaine, sliced cucumbers, red pepper strips	Breakfast: long john, fruit 6 Lunch: chicken strips, french fries, pears
Breakfast: pancake on a stick, fruit 9 Lunch: corndog, green beans, pineapple	Breakfast: cherry frudel, fruit 10 Lunch: hard shell or soft shell taco, lettuce, diced tomatoes, cheese, refried beans, applesauce	Breakfast: combo bar, fruit 11 Lunch: spaghetti w/meat sauce, breadstick, garden salad, peaches	Breakfast: breakfast pizza, fruit 12 Lunch: chicken nuggets, mashed potatoes, gravy, mandarin oranges	Breakfast: muffin, fruit 13 Lunch: cheeseburger, french fries, romaine, sliced tomatoes, mixed fruit
Breakfast: pancake bites, fruit 16 Lunch: chicken sandwich, corn, baby carrots, pears	Breakfast: bagel w/cream cheese, fruit 17 Lunch: cheese breadsticks w/marinara sauce, peas, peaches	Breakfast: chocolate crescent, fruit 18 Lunch: Chinese chicken, rice, garden salad, mixed fruit	Breakfast: cereal, fruit 19 Lunch: pulled pork on bun, baked beans, coleslaw, applesauce	Breakfast: long john, fruit 20 Lunch: goulash, green beans, dinner roll, grapes
Breakfast: French toast sticks, fruit 23 Lunch: pork tender on bun, green beans, mixed fruit	Breakfast: cini mini's, fruit 24 Lunch: mini corndogs, steamed carrots, pears	Breakfast: poptart, fruit 25 Lunch: tator tot hotdish, dinner roll, mandarin oranges	Breakfast: egg omelet, fruit 26 Lunch: chicken fajita, fajita veggies, lettuce, cheese, banana	Breakfast: coco puff bar, fruit 27 Lunch: hot ham & cheese, tator tots, peaches
Breakfast: pancakes, fruit 30 Lunch: popcorn chicken, peas & carrots, applesauce	Breakfast: uncrustable, fruit 31 Lunch: criptios, chili, cheese, broccoli, romaine, pears			

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