

January 2022 High School

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
2	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
Breakfast	Cereal Bowl & Cheese Stick	Mini Pancakes	Breakfast Kit	Zucchini Bread	Cereal Bar & Bug Bites
Juice and:	Pears	Peaches	Applesauce	Apple Slices	Orange Slices
Lunch					
Entree	French Toast and Sausage	All Beef Hot Dogs	Turkey & Gravy/Dinner Roll	Walking Taco	Chicken Patty/Bun
Veg Entree	Calzone w/Marinara	Bean & Cheese Burrito/Salsa	Vegetarian Nuggets	Grilled Cheese	Cheese Filled Breadsticks/Marinara
	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Hamburger/Cheeseburger
Veggies	Roasted Potatoes Veggie Juice	Green Beans Vegetarian Beans	Whole Kernel Corn Mashed Potatoes	Grape Tomatoes Refried Beans	Broccoli Florets Sweet Potato Fries
Fruit	Fruit Cocktail Applesauce	Orange Slices Juice	Strawberry Cup Pineapple	100% Juice Ice Slushie Orange Slices	Apple Slices Pears
3	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
Breakfast	Mini Cinnis	Breakfast Bar & Cheese Stick	Banana Bread	Breakfast Kit	Cereal Bowl & Cheese Cubes
Juice and:	Applesauce	Peaches	Orange Slices	Fruit Cocktail	Pineapple
Lunch					
Entree	Corn Dog or Mini Corn Dogs	Turkey Stick/Cheese/Muffin	Chicken Tenders & Goldfish Crackers	Pancakes and Scrambled Eggs	Chicken & Rice Bowl
Veg Entree	Cheese Quesadilla/Salsa	Pizza	Deli Sub & Chips	Build Your Own Flatbread Pizza	Vegetarian Rice Bowl
	Chicken Patty/Bun	Hamburger/Cheeseburger	Pizza	Chicken Patty/Bun	Hamburger/Cheeseburger
Veggies	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad	Carrot Sticks Green Beans	Veggie Juice Sweet Potato Fries	Garden Salad Oriental Vegetables
Fruit	Strawberry Cup Juice	Pears Whole Apple	Mandarin Oranges Pineapple	Orange Slices Applesauce	Apple Slices Peaches
4	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Breakfast		Mini Pancakes	Cereal Bowl/Bug Bites	Fruit Filled Pastry	Breakfast Bar
Juice and:		Peaches	Mandarin Oranges	Strawberry Cup	Applesauce
Lunch					National Hot Sauce Day
Entree		Fish Sandwich w/cheese	Sloppy Joe	All Beef Hot Dogs	Chicken Nachos
Veg Entree		Cheese Pizza	Omelet/Muffin	Grilled Cheese	Pizza
		Chili and Corn Bread	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies	Steamed Vegetables Waffle Fries	Carrot/Celery Sticks Roasted Potatoes	Seasonal Fresh Veggie Sweet Potato Fries	Red Pepper Strips Black Beans	
Fruit	100% Juice Ice Slushie Applesauce	Orange Slices Pears	Apple Slices Peaches	Mandarin Oranges Juice	
5	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
Breakfast	Breakfast Kit	Mini Cinnis	Yogurt/Bug Bites	BeneFit Bar	Cereal Bowl
Juice and:	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
Lunch		Birthday Treat Day			
Entree	Orange Chicken/Rice	Wrap Sandwich	Burrito Bowl	Turkey Bacon Cheeseburger	Chicken Patty/Bun
Veg Entree	Sunbutter Pack	Lasagna	Cheese Filled Breadsticks/Marinara	Yogurt/Cheese/Grain	Mac & Cheese
	Pizza	Hamburger/Cheeseburger	Chicken Patty/Bun	Pizza	Hamburger/Cheeseburger
Veggies	Veggie Sticks Oriental Vegetables	Cucumber Slices Baked Fries	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
Fruit	100% Juice Ice Slushie Pears	Peaches Fruit Cocktail	Juice Apple Slices	Pineapples Fruit Cocktail	Pears Strawberry Cup
1	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
Breakfast	Mini Bagels				
Juice and:	Applesauce				
Lunch					
Entree	Popcorn Chicken Bowl/Dinner Roll				
Veg Entree	Cheese Filled Breadsticks/Marinara				
	Pizza				
Veggies	Corn Mashed Potatoes				
Fruit	Pears Peaches				