



# JANUARY | 2023

## Jr Sr High Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 No School Christmas Break	3 No School Christmas Break	4 Chicken Quesadilla Salsa, <b>Sour Cream</b> Cooked Carrot Spicy Potatoes Assorted Fruit (2) Nutty Bar Ice Cold Milk	5 Chili Cornbread Bowl w/ Cornbread, Chili, Shredded Cheddar, Onion Corn <b>Gold Fish Crackers</b> Assorted Fruit (2) Ice Cold Milk	6 2 Soft Tacos w/ Taco Beef or Fajita Chicken Cheese, Lettuce, Onions, Salsa, <b>Sour Cream</b> Fiesta Taco Beans Assorted Fruit (2) Ice Cold Milk
9 Bosco Cheese Breadsticks w/ Marinara Sauce Steamed Cauliflower Romaine Spinach Salad w/ Dressing Assorted Fruit (2) Ice Cold Milk	10 Chicken Nuggets Baked Beans Italian Vegetables <b>Muffin</b> Assorted Fruit (2) Ice Cold Milk	11 Taco Soup Toasted Cheese Sandwich Baby Carrots w/Dip Assorted Fruit (2) Ice Cold Milk	12 Chicken & Noodles Mashed Potatoes Corn <b>Dinner Roll &amp; Marg (1)</b> <b>Dinner Roll &amp; Marg (2)</b> Assorted Fruit (2) Ice Cold Milk	13 Pepperoni Pizza Green Beans Sicilian Vegetables Assorted Fruit (2) Pudding Cup Ice Cold Mil
16 No School Martin Luther King Day	17 BBQ Pulled Pork Sandwich Sweet Potato Wedges Roasted Brussel Sprouts Assorted Fruit (2) Ice Cold Milk	18 Pancakes (2) w/ Syrup Sausage Patties (2) Hash Brown Rounds (2) Vegetable Juice Assorted Fruit (2) Ice Cold Milk	19 Chili Cheese Hot Dog w/Onion <b>Doritos</b> Sugar Snap Peas Baked Beans Assorted Fruit (2) Ice Cold Milk	20 Cheese Pizza Corn Steamed Broccoli Assorted Fruit (2) Fruit Roll Up Ice Cold Milk
23 Cheeseburger w/ Pickles Waffle Fries Scandinavian Vegetables Assorted Fruit (2) Ice Cold Milk	24 Chicken Tender Wrap w/ Lettuce, Shredded Cheddar, Sauce Nantucket Vegetables Peas Assorted Fruit (2) Ice Cold Milk	25 Italian Beef Calzone Steamed Carrots Spinach Romaine Salad w/ Dressing Assorted Fruit (2) Ice Cold Milk	26 Arroz Con Pollo (Fajita Meat, Queso Blanco Cheese Sauce, Mexican Rice) <b>Tortilla Chips &amp; Salsa</b> Fiesta Black Beans Assorted Fruit (2) Ice Cold Milk	27 Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Corn Dinner Roll & Marg Assorted Fruit (2) Ice Cold Milk
30 Nachos w/ Taco Meat & Cheese Salsa Ranchero Beans Assorted Fruit (2) Ice Cold Milk	31 Sausage Pizza Green Beans Corn Assorted Fruit (2) <b>Cookie</b> Ice Cold Milk	1	2	3

### News

There are 3 ways to make complete reimbursable meal for all students.  
Main Tray Line  
Salad Bar  
Ala Carte

Students may substitute the main entrée for a PB & Jelly Sandwich Kit. Just ask cashier if you have any questions.

Due to Delays, Cancellations and Delivery Issues the menu is subject to change. Sorry for any inconvenience this may cause. Thank You

**Lunch Served**  
Northfield High 11:15 am – 12:35 pm  
Southwood High 11:15 am – 12:35 pm

**Lunch Prices**  
Reduced \$.40 Paid \$2.60  
2nd Lunch Tray \$2.95

If you receive a free or reduced lunch. You can also receive a free or reduced breakfast. Just contact your school office or school food service department if you have any questions.

Visit Our New Facebook Site:  
[MSDFoodService](#)

Grades 7-8 only due to **Calories or Sodium Levels**

Grades 9-12 only due to **Calories or Sodium Levels**