



# JANUARY | 2023

## Trigg County High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> 	<p>3</p> 	<p>4</p> <p>Chicken Sandwich or Pizza Pocket Tater Tots, Green Beans Lettuce &amp; Tomato Applesauce, Apple, Orange Wedges, Milk</p>	<p>5</p> <p>Beefy Rotini &amp; Garlic Knot Or Hamburger/Cheeseburger Or Chef Salad Italian Blend Veggies Garden Salad Pineapple, Apple, Milk</p>	<p>6</p> <p>Chicken Tenders Or Pizza Or Chef Salad Tater Wedges, Steamed Broccoli Veggie Cup, Roll Apple, Orange, Sidekick, Milk</p>
<p>9</p> <p>Hamburger or Cheeseburger Or Stromboli Or Chef Salad Baked Beans, French Fries Lettuce &amp; tomato cup Peaches, Apple, Orange Wedges, Milk</p>	<p>10</p> <p>Pizza or Chef Salad Or Ham Wrap Box Corn Garden Salad Roll Banana, Apple, Milk</p>	<p>11</p> <p>Chicken &amp; Waffle or Turkey Sub Box or Chef Salad Glazed Baby Carrots Green Beans, Veggie Cup, Roll Applesauce, Apple, Orange Wedges, Milk</p>	<p>12</p> <p>Hot Dog or Hamburger/Cheeseburger Or Chef Salad French Fries, Baked Beans Garden Salad, Roll Pineapple, Apple, Milk</p>	<p>13</p> <p>Popcorn Chicken Or Pizza Scalloped Potatoes Steamed Broccoli Veggie Cup, Roll Apple, Orange, Sidekick, Milk</p>
<p>16</p> 	<p>17</p> <p>Pizza or Chef Salad Or Ham Wrap Box Corn Garden Salad Roll Banana, Apple, Milk</p>	<p>18</p> <p>Fried Chicken or Ham Sub Box Or Chef Salad Mashed Potatoes, Green Beans Veggie cup, Roll Applesauce, Orange Wedges Milk</p>	<p>19</p> <p>Fish &amp; Hush Puppies Or Hamburger/Cheeseburger Or Chef Salad Tater Tots, Cole Slaw Garden Salad Apple, Pineapple, Milk</p>	<p>20</p> <p>Burrito or Cheesy Bread Or Pizza Refried Beans, Veggie Cup Sidekick, Apple Milk</p>
<p>23</p> <p>Mandarin Orange Chicken Or General Tso's Chicken Or Cheese Stuffed Sand Or Chef Salad Fried Rice, Stir-fry Veggies Garden Salad, Roll Mandarin Oranges Apple, Milk</p>	<p>24</p> <p>Pizza or Chef Salad Or Ham Wrap Box Corn Garden Salad Roll Banana, Apple, Milk</p>	<p>25</p> <p>Chicken Nuggets or Turkey Sub Box Or Chef Salad French Fries, Green Beans Veggie Cup, Roll Applesauce, Orange Wedges, Apple, Milk</p>	<p>26</p> <p>Topsey Turvey Day (Breakfast for Lunch) Egg Patty &amp; Sausage Or Hamburger/Cheeseburger Hash Brown, Veggie Cup Biscuit Baked Apples, Pineapple Milk</p>	<p>27</p> <p>Nachos w/ Beef &amp; Cheese Or Pizza Or Chef Salad Spanish Rice, Corn Veggie Cup Sidekick, Apple, Milk</p>
<p>30</p> <p>Quesadilla Or Bosco Sticks w/Marinara Or Chef Salad Corn Nuggets, Salsa Garden salad Peaches, Orange Wedges, Milk</p>	<p>31</p> <p>Pizza or Chef Salad Or Ham Wrap Box Corn Garden Salad Roll Banana, Apple, Milk</p>	<p>1</p> <p>Wing Dings or Hot Wings Ham Sub Sandwich Box Or Chef Salad Potato Emojis, Green Beans Veggie Cup, Roll Applesauce, Apple, Orange Wedges, Milk</p>	<p>2</p> <p>Corn Dog or Hamburger/Cheeseburger Or Chef Salad Curley Fries, Green Peas Garden Salad, Roll Pineapple, Apple, Milk</p>	<p>3</p> <p>Walking Taco Or Pizza Or Chef Salad Shredded Lettuce &amp; Diced Tomatoes, Refried Beans Apple, Sidekick, Milk</p>

### News

Due to nationwide supply chain issues, menus are subject to change without notice.

This institution is an equal opportunity provider