



JANUARY | 2023

Mini Marauder Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Teriyaki Dippers Baked Beans Dinner Roll Fresh Fruit White Milk	3 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	4 Sliced Cheese Pizza Cucumbers Fresh Fruit White Milk	5 Mac and Cheese Broccoli Fresh Fruit White Milk	6 Bosco Sticks with Marinara Sauce Green Beans Fresh Fruit White Milk
9 Chicken Quesadilla Refried Beans Fresh Fruit White Milk	10 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit White Milk	11 Pizza Crunchers Corn Fresh Fruit White Milk	12 Lasagna Roll Ups Carrots Fresh Fruit White Milk	13 Protein Power Cauliflower Fresh Fruit White Milk
16 NO SCHOOL 	17 Grilled Cheese Tomato Soup Fresh Fruit White Milk	18 French Bread Pizza Baked Beans Fresh Fruit White Milk	<u>National Popcorn Day!</u> 19 Popcorn Chicken Corn Fresh Fruit White Milk	20 Lunch Kit Celery Fresh Fruit White Milk
25 <u>National Pie Day</u> Chicken Pot Pie Green Beans Fresh Fruit White Milk	24 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit White Milk	25 Sliced Cheese Pizza Cucumbers Fresh Fruit White Milk	26 Mac and Cheese Broccoli Fresh Fruit White Milk	27 Bosco Sticks with Marinara Sauce Baked Beans Fresh Fruit White Milk
30 Chicken Quesadilla Refried Beans Fresh Fruit White Milk	31 Chicken and Waffles Strawberry Topping Broccoli Fresh Fruit White Milk	1 Lasagna Roll Ups Carrots Fresh Fruit White Milk	<u>National Tater Tot Day</u> Hamburger Tater Tots Fresh Fruit White Milk	3 Pizza Crunchers Cauliflower Fresh Fruit White Milk

Build a Meal

Each student's meal will contain the following components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk

Protein Power: Yogurt, String Cheese, Grain

Lunch Kit Choices: Pizza or Turkey, Cheese and Crackers

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.40
Adult: \$4.80
Extra Milk: \$0.50