
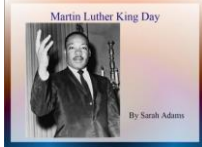



January

Monongalia County Schools

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 Chicken Sandwich Roasted Potatoes Baked Beans; Fruit Cocktail Milk – 8 oz Serving	5 Ham w/ Baked Roll Mashed Pot. Cran. Sauce Green Beans Milk – 8 oz Serving	6 Pulled Pork (WV Farm) Broccoli & Cauliflower Four Berry Salad Milk – 8 oz Serving	7
8	9 Orange Chicken Fried Rice; Stir Fry Mand. Oranges Milk – 8 oz Serving	10 Breakfast 4 Lunch Egg/Cheese Bagel; Peppers; Hash Brown; Peach cup Milk – 8 oz Serving	11 Meatball Hoagie Broccoli & Carrots; Juice Box; Cookies Milk – 8 oz Serving	12 School Baked Pizza Kale Salad w/ Dressing Apple Slices w/ dip Milk – 8 oz Serving	13 Hot Dog Tater Tots; Strawberries Celery w/ Ranch Cup Milk – 8 oz Serving	14
15	 16	17 Hamburger Cheese; Lettuce; Tomato Crinkle Fries; Orange Slices Milk – 8 oz Serving	18 Popcorn Chicken Cali Blend; Pears; Cookies Milk – 8 oz Serving	19 Salisbury Steak Mashed Pot. ; Fruit Cup Green Beans; Baked Roll Milk – 8 oz Serving	20 Rotini Pasta & Sauce Garden Salad w/ Dressing Pineapple Chunks; Garlic Bread Stick Milk – 8 oz Serving	21
22	23 Mac & Cheese Spin.Salad; Fruit Cocktail Fruit Bar Milk – 8 oz Serving	24 Cheese Pizza (Slice) Steamed Broccoli & Cali Purple Daze Smoothie Milk – 8 oz Serving	25 Grilled Cheese Tomato Soup; Plum Br. Sprouts w/ Bacon Milk – 8 oz Serving	26 Chicken & Waffles Potato Smiles Cole Slaw, Apple Slices Milk – 8 oz Serving	27 Taco Salad Tortilla Chips ; Salsa Black Beans; Grapes Milk – 8 oz Serving	28
29	30 See Feb. Menu	31 See Feb. Menu				

Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> * All Menu Items are subject to change due to availability.