

# JAN

**MENU 2023**

**GEAR UP FOR GYM**



Families who think they may qualify for free or reduced priced meals are encouraged to apply [www.schoolcafe.com](http://www.schoolcafe.com)

**Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues**

**Student Breakfast: \$1.50**  
**Adult Breakfast: \$3.10**

1% White Milk and Fat-Free Chocolate Milk are offered daily at breakfast and lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Staff Development	3 Staff Development	4 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	5 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	6 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
9 French Toast or Cereal or Mini Pancakes Fruits & Milk	10 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	11 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	12 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	13 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
16 <b>Martin Luther King, Jr. Holiday</b>	17 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	18 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	19 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	20 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
23 French Toast or Cereal or Mini Pancakes Fruits & Milk	24 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	25 Breakfast Pizza or Cereal or Mini Pancakes Fruits & Milk	26 Biscuit & Sausage or Cereal or Mini Waffles Fruits & Milk	27 Whole Grain Donut Cereal or Mini Pancakes Fruits & Milk
30 French Toast or Cereal or Mini Pancakes Fruits & Milk	31 Chicken & Waffles or Cereal or Mini Waffles Fruits & Milk	Our unit breakfast consists of 3 or more components, at least one must be a fruit or vegetable	Food Components: Meat/Meat Alternate Whole Grain Fruits Vegetables Milk	All breakfast cereals and pastries contain at least 51% whole grain



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## MENU 2023

### GEAR UP FOR GYM



**New Items for January are underlined!**

Peanut Butter & Jelly Sandwich and Grilled Cheese Sandwich are offered daily

Meals are Highly Subject to Change due to Ongoing Supply Chain and Staffing Issues

**Student Lunch:**  
\$2.75  
**Adult Lunch:**  
\$4.60

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2  
Staff Development

3  
Staff Development

4 Pasta & Meatballs or  
Cheesy Breadsticks or  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

5 Chicken Drumstick or  
Steak Fingers or  
Chicken Popper Salad  
Vegetables, Fruits  
Dinner Roll & Milk

6 Cheeseburger or  
Turkey Hot Dog or  
Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

9 Stuffed Crust Pizza  
or Chicken Bites  
Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

10 Taco Tuesday or  
Bean & Cheese Pupusa  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

11 Orange Chicken or  
Fish Sticks or  
Chicken Popper Salad  
Vegetables, Fruits  
Brown Rice & Milk

12 Mac & Cheese or  
Vegan Chicken Nuggets  
or Chicken Popper Salad  
Vegetables, Fruits  
Milk

13 Cheeseburger or  
Chicken Corndog or  
Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

16  
**Martin Luther King, Jr.  
Holiday**

17 Crispy Taco Tuesday  
or Enchiladas or  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

18 Pasta & Meatballs or  
Cheesy Breadsticks or  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

19 Chicken Drumstick or  
Steak Fingers or  
Chicken Popper Salad  
Vegetables, Fruits  
Dinner Roll & Milk

20 Cheeseburger or  
Chicken Sandwich or  
Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

23 Stuffed Crust Pizza  
or Chicken Bites  
Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

24 Taco Tuesday or  
Bean & Cheese Pupusa  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

25 Breakfast for Lunch:  
Pancakes Eggs Sausage  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

26 Mac & Cheese or  
Vegan Chicken Nuggets  
or Chicken Popper Salad  
Vegetables, Fruits  
Milk

27 Cheeseburger or  
Chicken Corndog or  
Chicken Popper Salad  
Vegetables, Milk  
Frozen Fun Friday Fruit!

30 Stuffed Crust Pizza  
or Chicken Bites  
Fruit & Yogurt Plate  
Vegetables, Fruits  
Milk

31 Crispy Taco Tuesday  
or Enchiladas or  
Chicken Popper Salad  
Vegetables, Fruits  
Milk

Our unit lunch consists  
of 3 or more  
components, at least  
one must be a fruit or  
vegetable

Food Components:  
Meat/Meat Alternate  
Whole Grain  
Fruits  
Vegetables  
Milk

All lunch rolls, tortillas,  
rice, pastas and other  
bread items contain at  
least 51% whole grain.

