

January 2024 - Fridley High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, January 1st	Tuesday, January 2 nd	Wednesday, January 3 rd	Thursday, January 4 th	Friday, January 5 th
	Main: Big Daddy's Pizza	Main: Crispy Chicken Sandwich	Main: Asian Noodle Bowl &	Main: Lasagna Roll-Ups
	Steamed Corn	Potato Wedges	Chicken Dumplings	Breadstick
	Assorted Fruit & Vegetables	Assorted Fruits & Vegetables	Broccoli	Roasted Carrots
No School	Growler Grill: Regular or Spicy	Growler Grill: Hamburger or	Assorted Fruit & Vegetables	Assorted Fruit & Vegetables
	Crispy Chicken Sandwich	Cheeseburger on Bun	Growler Grill: Pizza	Growler Grill: Cook's Choice
	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ
	Box, Fiesta Chicken Wrap,	Box, Chicken Caesar Wrap,	Box, Buffalo Chicken Wrap,	Box, Turkey Pesto Sub, Buffalo
	Backyard BBQ Chicken Salad	Taco Salad	Southwest Salad	Chicken Salad
Monday, January 8 th	Tuesday, January 9th	Wednesday, January 10 th	Thursday, January 11 th	Friday, January 12 th
Main: General Tso Chicken	Main: Kick'n'Chicken	Main: Southwest Chicken	Main: Chicken Alfredo	Main: Homemade Pizza
Brown Rice	Mashed Potato	Burger on Bun	Penne Pasta	Assorted Fruit & Vegetables
Sweet Chili Doritos	Gravy	Tator Tots	Breadstick	Growler Grill: Cook's Choice
Roasted Broccoli	Biscuit	Assorted Fruits & Vegetables	Edamame	Grains & Greens: Parfait, PBJ
Assorted Fruit & Vegetables	Corn	Growler Grill: Hamburger or	Assorted Fruit & Vegetables	Box, Turkey Pesto Sub, Buffalo
Growler Grill: Mango Jalapeno	Assorted Fruit & Vegetables	Cheeseburger on Bun	Growler Grill: Pizza	Chicken Salad
Burger	Growler Grill: Regular or Spicy	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ	
Greens & Grains: Parfait, PBJ	Crispy Chicken Sandwich	Box, Chicken Caesar Wrap,	Box, Buffalo Chicken Wrap,	
Box, Italian Sub, Crispy Chicken	Grains & Greens: Parfait, PBJ	Taco Salad	Southwest Salad	
Salad	Box, Fiesta Chicken Wrap,			
	Backyard BBQ Chicken Salad			
Monday, January 15 th	Tuesday, January 16 th	Wednesday, January 17 th	Thursday, January 18 th	Friday, January 19 th
	Hamburger or Cheeseburger	Main: Squash Mac & Cheese	Main: Chicken Wings	Main: Ravioli in Marinara
	on Bun	Chicken Nuggets	Soft Pretzel	Sauce
	Crinkle Cut Fries	Roasted Broccoli	Queso	Breadstick
	Baked Beans	Assorted Fruits & Vegetables	Buffalo Roasted Cauliflower	Caesar Salad
No School	Assorted Fruit & Vegetables	Growler Grill: Boneless Wings	Assorted Fruit & Vegetables	Assorted Fruit & Vegetables
	Growler Grill: Regular or Spicy	& Chips	Growler Grill: Pizza	Growler Grill: Cook's Choice
	Crispy Chicken Sandwich	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ
	Grains & Greens: Parfait, PBJ	Box, Chicken Caesar Wrap,	Box, Buffalo Chicken Wrap,	Box, Turkey Pesto Sub, Buffalo
	Box, Fiesta Chicken Wrap,	Taco Salad	Southwest Salad	Chicken Salad
	Backyard BBQ Chicken Salad			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, January 22 nd	Tuesday, January 23 rd	Wednesday, January 24 th	Thursday, January 25 th	Friday, January 26 th
Main: Beef Sambusa	Main: Crispy Chicken	Main: Pulled BBQ Turkey		
Cheesy Breadstick	Drumstick	Sandwich		
Turmeric Rice	Maple Snack'n Waffle	Sweet Potato Wedges		
Roasted Carrots	Roasted Broccoli	Coleslaw		
Assorted Fruit & Vegetables	Assorted Fruit & Vegetables	Assorted Fruits & Vegetables	No School	No School
Growler Grill: Mango Jalapeno	Growler Grill: Regular or Spicy	Growler Grill: Chicken		
Burger	Crispy Chicken Sandwich	Dumplings & Fried Rice		
Greens & Grains: Parfait, PBJ	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ		
Box, Italian Sub, Crispy Chicken	Box, Fiesta Chicken Wrap,	Box, Chicken Caesar Wrap,		
Salad	Backyard BBQ Chicken Salad	Taco Salad		
Monday, January 29th	Tuesday, January 30 th	Wednesday, January 31st	Thursday, February 1st	Friday, February 2 nd
Main: Orange Chicken	Turkey Meatballs in Marinara	Main: Burrito Bowl	Main: Lasagna Roll-Up &	Main: Big Daddy Pizza
Brown Rice	Sauce	Brown Rice	Breadstick	Roasted Carrots
Sweet Chili Doritos	Penne Pasta	Tortilla Chips	Mixed Green Salad	Assorted Fruit & Vegetables
Sesame Green Beans	Breadstick	Queso	Assorted Fruit & Vegetables	Growler Grill: Cook's Choice
Assorted Fruit & Vegetables	Corn	Pinto Beans	Growler Grill: Pizza	Grains & Greens: Parfait, PBJ
Growler Grill: Southwest	Assorted Fruit & Vegetables	Mexican Fixings	Grains & Greens: Parfait, PBJ	Box, Turkey Pesto Sub, Buffalo
Burger Bar	Growler Grill: Regular or Spicy	Assorted Fruits & Vegetables	Box, Buffalo Chicken Wrap,	Chicken Salad
Greens & Grains: Parfait, PBJ	Crispy Chicken Sandwich	Growler Grill: Quesadilla	Southwest Salad	
Box, Italian Sub, Crispy Chicken	Grains & Greens: Parfait, PBJ	Grains & Greens: Parfait, PBJ		
Salad	Box, Fiesta Chicken Wrap,	Box, Chicken Caesar Wrap,		
	Backyard BBQ Chicken Salad	Taco Salad		

