

January 2024 – Fridley High School Lunch Menu

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

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