

# January 2024

## Palos South Junior High School | LUNCH MENU

Vegetarian Entrees Marked with (V)  
Pork Entrees Marked with (P)



MON	TUES	WED	THURS	FRI
1) Grilled Cheese Sandwich <b>8</b> 2) Sun Butter & Jelly Sandwich  Fresh Apple, Diced Peaches, Baby Carrots, Broccoli	1) Cheeseburger Meatloaf (Beef) Sandwich <b>9</b>  2) Chicken and Cheese Salad with Dinner Roll Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato	1) Mini Pancakes with Eggs <b>10</b>  2) Chicken Ham Chef Salad  Fresh Banana, Craisins, Green Beans, Baby Carrots	1) Thai Chicken and Rice Bowl <b>11</b>  2) Tossed Cheese Salad with Dinner Roll  Fresh Apple, Mix Fruit, BBQ Baked Beans, Celery Sticks	1) Mac and Cheese with Buffalo Popcorn Chicken <b>12</b>  2) Egg Chef Salad with Dinner Roll  Fresh Orange, Diced Pears, Tater Tots, Baby Carrots
 <b>15</b>	1) Chicken Patty Sandwich with BBQ Mayo Sauce <b>16</b>  2) Popcorn Chicken Salad with Dinner Roll Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato	1) Chili Cheese Baked Potato / Broccoli Cheese Baked Potato <b>17</b>  2) Egg Chef Salad with Dinner Roll  Fresh Banana, Craisins, Green Beans, Baby Carrots	1) Waffle w/Turkey Sausage <b>18</b>  2) Tossed Cheese Salad with Dinner Roll Fresh Banana, Craisins, Green Beans, Baby Carrots	1) Chicken Meatball Wub with Mozzarella And Marinara Sauce <b>19</b>  2) Vegetable Baja Salad with Tortilla Chips (Salad has Black Bean Salsa on Top) Fresh Orange, Diced Pears, Tater Tots, Baby Carrots
1) Fish Sticks with Dinner Roll <b>22</b>  2) Tossed Cheese Salad w/Dinner Roll Fresh Apple, Diced Peaches, Baby Carrots, Broccoli	1) Chicken Parmesan Flatbread <b>23</b>  2) Chicken Ham Chef Salad Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato	1) Walking Beef Tacos <b>24</b>  2) Vegetable Baja Salad With Tortilla Chips (Salad has Black Bean Salsa on Top) Fresh Banana, Craisins, Green Beans, Baby Carrots	1) Turkey Bacon Cheeseburger <b>25</b>  2) Turkey Chef Salad  Fresh Apple, Mix Fruit, BBQ Baked Beans, Celery Sticks	1) Chicken Tender Basket with Fry's <b>26</b>  2) Popcorn Chicken Salad Fresh Orange, Diced Pears, Tater Tots, Baby Carrots
1) Chicken Patty Sliders <b>29</b>  2) Egg Chef Salad  Fresh Apple, Diced Peaches, Baby Carrots, Broccoli	1) Spaghetti & Chicken Meatballs <b>30</b>  2) Tossed Cheese Salad w/Dinner Roll Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato	1) Chicken Dumpling w/Fried Rice <b>31</b>  2) Apple, Yogurt & Cheese Stick Plate  Fresh Apple, Diced Peaches, Baby Carrots, Broccoli		

Menus are subject to change.

**Daily Options:**  
**Chicken Patty Sandwich, Cheese Pizza (V), Cheeseburger, Sun Butter and Jelly Sandwich (V)**

Powering potential.



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All Lunches Must Include Choice of:  
 Fruits and/or Vegetable  
 And May Include:  
 Chocolate or 2% Low-Fat Milk



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