



# TK Lunch Menu

## January 2024

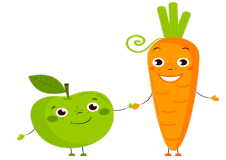


| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| 1   | 2   | 3   | 4  | 5   |
|  <h1 style="font-size: 2em;">Happy New Year!</h1> |   |   |  |   |
| 8<br>Meat Ravioli<br>Breadstick<br>Steamed Green Beans<br>Fruit   | 9<br>Chicken Tortellini<br>Soup<br>Grilled Cheese Sandwich<br>Baby Carrots<br>Fruit | 10<br>Cheese Pizza Slice<br>Garden Salad<br>Fruit                               | 11<br>Popcorn Chicken<br>Mashed Potatoes<br>Fruit  | 12<br>Corn Dog<br>French Fries<br>Fruit                 |
| 15<br>   | 16<br>Taco Meat<br>Tortillas<br>Cheddar Cheese<br>Refried Beans<br>Fruit            | 17<br>Mandarin Orange<br>Chicken Rice Bowl<br>Steamed Mixed Vegetables<br>Fruit | 18<br>Spaghetti with Meatsauce<br>Garden Salad<br>Fruit  | 19<br>Cheeseburger<br>French Fries<br>Fruit             |
| 22<br>Lasagna Cheese Rollup<br>Steamed Green Beans<br>Fruit   | 23<br>Chicken Fajitas<br>Tortillas<br>Refried Beans<br>Fruit                        | 24<br>Bean and Cheese Burrito<br>Corn, Canned<br>Fruit                          | 25<br>Meatball Sub on a Hoagie Roll<br>Baby Carrots<br>Fruit                                   | 26<br>Chicken Patty on WG Bun<br>Potato Wedges<br>Fruit |
| 29<br>Chili & Cheese with Corn Muffin<br>Cucumber Sticks<br>Fruit   | 30<br>Taco Meat<br>Tortillas<br>Cheddar Cheese<br>Salsa Cup<br>Fruit                | 31<br>Chicken Alfredo and Roll<br>Steamed Broccoli<br>Fruit                     | <p><b>Menu Subject to Change</b></p> <p>This institution is an equal opportunity provider.</p> |   |

## Yreka Union School District

### Did You Know?

Carrots come from very small seeds and you can fit about 2,000 of them into a teaspoon!



**1% Milk offered daily with each meal.**

