

January 2023 Middle/High School Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Menu for the Month Each breakfast comes with Milk & 100% Fruit Juice Poptart and Cereal will be choices daily				
Pancakes Sandwich	Bacon and Egg Bagel	Sausage Breakfast Pizza	Waffle Sandwich	Ham and Egg Croissant
Lunch Menu				
2 Teacher Workday	3 Teacher Workday	4 BBQ Pork w/bun or Pizza Crunchers <u>Sides</u> Green Peas Baked Beans Strawberry Cup	5 Sweet & Sour Chicken or Meatball Sub <u>Sides</u> Potato Wedges Chicken Rice Mandarin Oranges	6 Cheese Sticks or Chicken Patty <u>Sides</u> Broccoli Yams Pears
9 Chicken Nuggets w/roll or BBQ Pork w/bun <u>Sides</u> Cole Slaw Baked Beans Strawberry Cup	10 Pepperoni Pizza or Chicken Wings w/roll <u>Sides</u> Green Beans Corn Pears	11 Lasagna or Chicken Alfredo w/garlic bread <u>Sides</u> Mashed Potatoes Broccoli Mandarin Oranges	12 Pork Rib Sub or General Tso Chicken <u>Sides</u> Chicken Rice Turnip Greens Craisins	13 Chicken Tenders or Hot Wings w/roll <u>Sides</u> Tomato Soup California Blend Veggies Peaches
16 No School Holiday	17 Oven Fried Chicken or Lasagna w/garlic bread <u>Sides</u> Green Beans Mashed Potatoes Craisins	18 Cheese Sticks or Corn Dog Nuggets <u>Sides</u> Broccoli Slaw Pinto Beans Applesauce	19 Chicken Fajita Wrap or Supreme Pizza <u>Sides</u> Scallop Potatoes Green Peas Pears	20 Grilled Cheese or Buffalo Chicken w/roll <u>Sides</u> Baby Carrots Vegetable Soup Peaches
23 Beef Hot Pocket or Turkey & Cheese Sub <u>Sides</u> Green Beans Carrots Applesauce	24 BBQ Meatballs or Chicken Fajita Wrap <u>Sides</u> Mashed Potatoes Mac & Cheese Mandarin Oranges	25 Pepperoni Hot Pocket or Cheese Pizza <u>Sides</u> Baked Beans California Blend Veggies Strawberry Cup	26 Ham & Cheese Sub or Popcorn Chicken <u>Sides</u> French Fries Black Eye Peas Mixed Fruit	27 BBQ Chicken w/roll or Chicken & Dumplings <u>Sides</u> Yams Broccoli Peaches
30 Meatloaf w/roll or Buffalo Chicken Pizza <u>Sides</u> Green Peas Pinto Beans Applesauce	31 Beef Nachos or Pepperoni Pizza <u>Sides</u> Corn Turnip Greens Strawberry Cup			



Please stay current with your student's cafeteria account by paying ahead. Check balance and make payment at K12PaymentCenter.com

In our efforts to provide tasty, fresh and healthy meals, we may make changes to the menu at the Chef's discretion or food availability.

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