

# Parker Junior High

## Lunch Menu

January  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Winter Break	<b>3</b> Winter Break	<b>4</b> Winter Break	<b>5</b> Winter Break	<b>6</b> Winter Break
<b>9</b> Crispy Chicken Sandwich Ham and Cheese Charcuterie Roasted Broccoli Baby Carrots Diced Peaches Banana 1% Milk	<b>10</b> Meatloaf Whole Grain Dinner Roll Ham and Cheese Charcuterie Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana 1% Milk	<b>11</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Ham and Cheese Charcuterie Baked Beans Baby Carrots Pineapple Tidbits Banana 1% Milk	<b>12</b> Grilled Ham & Cheese Sandwich Ham and Cheese Charcuterie Tater Tots Baby Carrots Applesauce Banana 1% Milk	<b>13</b> Cheese Pizza Ham and Cheese Charcuterie California Blend Vegetable Baby Carrots Diced Pears Banana 1% Milk
<b>16</b> NO SCHOOL	<b>17</b> Pasta with Meat Sauce Honey Mustard Ham Wrap Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear 1% Milk	<b>18</b> Choice of Tacos Honey Mustard Ham Wrap Roasted Broccoli Salsa Pineapple Tidbits Fresh Pear 1% Milk	<b>19</b> Beef Chili Cornbread Bowl Honey Mustard Ham Wrap Potato Wedges Cucumber Slices Applesauce Fresh Pear 1% Milk	<b>20</b> Chicken Potstickers Chicken Fried Rice Honey Mustard Ham Wrap Steamed Carrots Cucumber Slices Diced Pears Fresh Pear 1% Milk
<b>23</b> Shrimp Poppers Macaroni & Cheese NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Coleslaw Cherry Tomato Diced Peaches Fresh Apple <small>10% MILK</small>	<b>24</b> Beef Hot Dog on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple <small>10% MILK</small>	<b>25</b> Orange Chicken Brown Rice NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple <small>10% MILK</small>	<b>26</b> Pancakes Easy Egg Bake NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Potato Wedges Cherry Tomato Applesauce Fresh Apple <small>10% MILK</small>	<b>27</b> Choice of Bake Garlic Toast NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Roasted Broccoli Cherry Tomato Diced Pears Fresh Apple <small>10% MILK</small>
<b>30</b> Cheeseburger on a Bun Deli Sandwich or Sub Parsley Potato Baby Carrots Diced Peaches Banana 1% Milk	<b>31</b> Chicken Alfredo w/Pasta Rip Stick Breadstick Deli Sandwich or Sub Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana 1% Milk			

PRICES

EXTRA INFO

Assorted fruits offered daily  
 Milk (1% white and Skim Chocolate) available daily  
 Alternate hot entree available daily

HARVEST OF



THE MONTH



Menus are subject to change without notice. This institution is an equal opportunity provider.