JANUARY 2023 – K-8 MENU

	Tuesday	Wednesday	Thursday	Friday
2	3 Super Donut, Graham Crackers, Fruit, Juice, Milk	4 Sausage Biscuit, Fruit, Juice, Milk	5 Cereal, Banana, Juice, Milk	6 French Toast Sticks, Fruit, Juice, Milk
CHRISTMAS	Pizza Corn on the Cob	Chicken Alfredo w/Broccoli WG roll	Chicken Quesadilla Salsa	Fish Sticks French Fries
BREAK	Salad w/Dressing Yogurt Cup Pears Milk Variety	Glazed Carrots Applesauce Milk Variety	WG Chips w/Bean Dip Grape Tomatoes Fresh Fruit Milk Variety	Creamy Cole Slaw Pudding Fresh Fruit Milk Variety
9 Breakfast Bagel, Fruit, Juice, Milk	10 WG Muffin, Cheese Stick, Fruit, Juice, Milk	11 Blueberry Waffles, Syrup, Fruit, Juice, Milk	12 Pop-Tarts, Fruit, Juice, Milk	13 Mini Pancake Wraps, Syrup, Fruit, Juice, Milk
Chicken Stir-Fry Fried Rice Refried Beans Fresh Fruit Milk Variety	Spaghetti w/Meatballs WG Breadstick Salad w/Dressing Corn Applesauce Milk Variety	Pork BBQ Creamy Coleslaw Sweet Potato Fries Fresh Fruit Milk Variety	Mini Corndogs Tater Tots Broccoli w/Hummas Pears Milk Variety	Pepperoni Pizza Mixed Vegetables Red Pepper Strips w/Dip Brownie Fresh Fruit Milk Variety
16 MARTIN LUTHER KING JR. DAY NO SCHOOL	 17 Breakfast Pizza, fruit, Juice, Milk Chicken Nuggets Macaroni and Cheese Glazed Carrots Cucumbers w/Dip Applesauce Milk 	 Banana Bread, Fruit, Juice, Milk Biscuits and Gravy Sausage Hash Rounds Grape Tomatoes Cooked Apples Milk Variety 	19 Cook's Choice	20 Cook's Choice
23 Apple Cinnamon Texas Toast, Fruit, Juice, Milk	24 Banana Chunk Breakfast Bar, Fruit, Juice, Milk	25 Chicken Biscuit, Fruit, Juice, Milk	26 Cereal Bar, Fruit, Juice, Milk	27 Egg and Cheese Biscuit, Fruit, Juice, Milk
Crispy Chicken Sandwich French Fries Baked Beans Applesauce Milk Variety Greenbrier Dairy Cheese	Vegetable Soup Grilled Cheese Seasoned Corn Fresh Fruit Milk	Pepperoni Roll Glazed Carrots Salad w/Dressing Fresh Fruit Milk Variety Spangler's Farm Popcorn	Cheeseburger Lettuce and Tomato Hash Rounds Celery Sticks w/Hummas Applesauce Milk Variety	Brown Beans Cornbread Spinach Orange Pepper Strips w/Dip Mixed Fruit Milk Variety
30 Mini Waffles, Syrup, Fruit, Juice, Milk	31 Egg, Sausage and Toast, w/ Butter & Jelly, Fruit, Juice, Milk	1 Biscuits and Sausage Gravy, Fruit, Juice, Milk	2 Cereal, Banana, Juice, Milk	3 Breakfast Pizza, Fruit, Juice, Milk
Chicken Fajitas Refried Beans Seasoned Corn Applesauce Milk Variety	Pigs in a Blanket Baked Beans Sweet Potato Fries Fresh Fruit Milk Variety	Sloppy Joes Scallop Potato Casserole Salad w/Dressing Beef Stick Peach Applesauce Milk Variety	Summers County Sub WG Chips w/Queso Cup Green Beans Carrot Sticks Frozen Fruit Cup Milk Variety	Cheesy Chicken Tortilla Soup Grilled Cheese Cooked Broccoli Celery w/Dip Fresh Fruit Milk Variety