

# JAN

## MENU 2023

### GEAR UP FOR GYM



#### ANNOUNCEMENTS:

- Visitors And Adults
- \$3.00
- Choice Of Milk:
- 1% White
- Fat Free Chocolate
- Students May Purchase Extras:
- Milk .50
- Fruit .50
- Entrée \$1.00
- 8oz Water Bottle .25
- \*\*Menu Subject To Change

### MONDAY

2<sup>ND</sup> NO SCHOOL

9<sup>TH</sup> Country Fried Steak W/Gravy OR Hamburger  
Fries, Okra, Roll, Strawberries, Milk

16<sup>TH</sup> NO SCHOOL

23<sup>RD</sup> Breaded Drumstick OR Chicken Spaghetti W/Breadstick  
Garden Salad, Sweet Potatoes, Fresh Fruit Milk

30<sup>TH</sup> Corn Dogs OR Cheese Burger  
Fries, Tomato Cup, Strawberries, Milk

### TUESDAY

3<sup>RD</sup> NO SCHOOL

10<sup>TH</sup> Tex-Mex Stack OR Chicken Fajitas  
Beans, Carrots, Salsa, Hot Cinnamon Apples, Milk

17<sup>TH</sup> Chili Cheese Tots OR Meatball Subs  
Veggie Cup, Fries, Strawberries, And Bananas, Milk

24<sup>TH</sup> Walking Taco OR Frito Pie  
Beans, Veggie Cup, Chilled Pineapples, Dessert Milk

31<sup>ST</sup> Nacho Grande OR Pulled Pork Sandwich  
Salsa, Beans, Cucumbers, Apricots, Ice Cream, Milk

### WEDNESDAY

4<sup>TH</sup> NO SCHOOL

11<sup>TH</sup> Chicken Alfredo OR Pizza  
Garden Salad, Green Beans, Peaches, Milk

18<sup>TH</sup> Chicken Nuggets W/Mac And Cheese OR Asian Bowl W/Egg Roll  
Carrots, Squash, Grapes Milk

25<sup>TH</sup> Pizza OR Lasagna W/Breadstick  
Broccoli Salad, Cinnamon Applesauce Milk

### THURSDAY

5<sup>TH</sup> NO SCHOOL

12<sup>TH</sup> Ranchero Wrap OR Popcorn Chicken W/Roll  
Corn, Crunchy Broccoli Salad, Apple Slices, Dessert, Milk

19<sup>TH</sup> Hamburger W/Chips OR Mozzarella Sticks W/Marina Sauce  
Tomato Cup, Garden Salad, Pears Milk, Fruit

26<sup>TH</sup> Fiesta Bowl OR Boneless Wings W/Chips  
Celery, Carrots, Mixed Fruit, Sherbet Cup Milk

### FRIDAY

6<sup>TH</sup> NO SCHOOL

13<sup>TH</sup> NO SCHOOL

20<sup>TH</sup> X-Treme Burrito OR Texas Basket  
Corn, Cucumbers, Rosy Applesauce, Dessert Milk, Fruit

27<sup>TH</sup> Chicken Parmesan OR Steak Fingers  
W/Gravy and Roll Green Beans, Corn, Peaches Milk

