

JAN 2023

GEAR UP FOR THE GYM



ANNOUNCEMENTS:

DAILY ALTERNATE MEAL CHOICE OF STRAWBERRY OR GRAPE PB&JELLY SANDWICH VEGETABLES FRUIT MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL 2	CHICKEN NUGGETS 3 MAC AND CHEESE CARROTS CELERY RAISINS MILK	GRILLED CHEESE 4 FRESH VEGGIE CUP FRIES STRAWBERRIES & BANANAS MILK	X-TREME BURRITO 5 CORN CUCUMBERS APPLESAUCE COOKIE MILK	CHEESEBURGER 6 CHIPS TOMATO CUP GARDEN SALAD PEARS MILK
STEAK FINGERS 9 ROLL SAVORY GREEN BEANS MASHED POTATOES PEACHES MILK	ROASTED CHICKEN 10 BISCUIT GARDEN SALAD SWEET POTATOE FRIES SEASONAL FRESH FRUIT MILK	FRITO PIE 11 BEANS FRESH VEGGIE CUP PINEAPPLE COOKIE MILK	CHICKEN TACOS 12 CHIPS SALSA CELERY CARROTS SORBERT MILK	CHEESY BREADSTICKS 13 MARINARA SAUCE FRESH BROCCOLI APPLESAUCE MILK
NO SCHOOL 16	CORN DOG 17 FRENCH FRIES TOMATO CUP FRUIT CUP MILK	SPAGHETTI BOWL 18 BREAKSTICK FRESH VEGGIE CUP GARDEN SALAD FRUITY GELATIN MILK	ASIAN BOWL/ORANGE 19 CHICKEN EGG ROLL BROCCOLI PEARS MILK	PIZZA CHOICE 20 CARROTS SAVORY GREEN BEANS FRESH SEASONAL FRUIT COOKIE MILK
CHICKEN FAJITAS 23 BEANS CARROTS SALSA SORBET MILK	PIZZA CHOICE 24 GARDEN SALAD SAVORY GREEN BEANS BLUEBERRIES MILK	POPCORN CHICKEN 25 ROLL CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES COOKIE MILK	POTATO BOWL 26 ROLL TOMATO CUP SNOWBALL SALAD MILK	CHEESEBURGER 27 FRIES CELERY STRAWBERRIES MILK
MEAT & CHEESE CHALUPAS 30 BEANS CORN ORANGE SMILES PUDDING MILK	CHICKEN NUGGETS 31 MAC AND CHEESE CARROTS CELERY RAISINS MILK			

