

# January 2023

## Breakfast for The Week Will Be:

**Monday:** Breakfast Burrito, Juice, Fruit, and Milk

**Tuesday:** Breakfast Pizza or Bagel, Juice, Fruit, and Milk

**Wednesday:** KES Pancake on a stick w/ Syrup, Juice, Fruit, and Milk

**HMS & HHS Pancakes** w/Sausage & Syrup, Juice, Fruit, and Milk

**Thursday:** Cinnamon Buns w/Sausage Links, Juice, Fruit, and Milk

**Friday:** Sausage or Chicken Biscuits, Juice, Fruit, and Milk

Cold Breakfast Boxes will be served Daily. Your Choices are:

Pop Tart Box, or Cereal Bowls Box, or Cereal Bars Box, Served with Graham Crackers, Fruit & Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WK 21</b> PB& J Meal Boxes Salad Meal Boxes Launchable Meal Boxes Wrap Meal Boxes Varsity from site to site	2  <b>PD Day</b> <b>No Students</b>	3  <b>Fish Nuggets</b> <b>Cole Slaw, French Fries</b> <b>Hushpuppies</b> <b>Fruit &amp; Milk</b>	4  <b>Oven Roasted Chicken</b> <b>Mac-n-Cheese</b> <b>Green Beans,</b> <b>Fruit &amp; Milk</b>	5  <b>Vegetable Soup w/Grilled</b> <b>Cheese Sandwich,</b> <b>Pudding cup,</b> <b>Fruit &amp; Milk</b>	6  <b>Pizza,</b> <b>Corn, Side Salad</b> <b>w/dressing, Cookie,</b> <b>Fruit &amp; Milk</b>
<b>WK 22</b>	9  <b>Ham &amp; Cheese Sandwich</b> <b>Carrots &amp; Celery Sticks</b> <b>w/Dressing,</b> <b>Cheddar Sun Chips</b> <b>Fruit &amp; Milk</b>	10  <b>Chicken Fajita's w/</b> <b>Whole Wheat Wrap</b> <b>Rice and Beans</b> <b>Shredded Lettuce, Salsa</b> <b>Fruit &amp; Milk</b>	11  <b>Pull Pork Plate,</b> <b>Creamy Cole Slaw,</b> <b>Baked Beans,</b> <b>Whole Wheat Roll,</b> <b>Fruit &amp; Milk</b>	12  <b>Hamburger Helper</b> <b>Steamed Broccoli,</b> <b>Whole Wheat Roll</b> <b>Fruit &amp; Milk</b>	13  <b>Chicken Sandwiches</b> <b>Whole Kernel Corn,</b> <b>Cookie,</b> <b>Fruit &amp; Milk</b>
<b>WK 23</b>	16  <b>Dr. MLK Jr. Day</b> <b>Student Holiday</b> <b>School Closed</b>	17  <b>Hot Dog,</b> <b>Baked Beans, Cole Slaw</b> <b>Cheddar Sun Chips</b> <b>Fruit &amp; Milk</b>	18  <b>Boneless Chicken Bites</b> <b>Carrots &amp; Celery Sticks</b> <b>w/Dressing</b> <b>Mac &amp; Cheese,</b> <b>Fruit &amp; Milk</b>	19  <b>Beef Taco Soup w/Corn</b> <b>Chips</b> <b>Pudding cup,</b> <b>Fruit &amp; Milk</b>	20  <b>Pizza,</b> <b>Corn, Side Salad</b> <b>w/dressing, Cookie,</b> <b>Fruit &amp; Milk</b>
<b>WK 24</b>	23  <b>Corn Dog,</b> <b>Baked Beans,</b> <b>Cheddar Sun Chips</b> <b>Fruit &amp; Milk</b>	24  <b>Hamburger Steak</b> <b>w/Gravy, WW Roll</b> <b>English Peas,</b> <b>Cream Potatoes,</b> <b>Fruit &amp; Milk</b>	25  <b>Pepperoni Calzone</b> <b>Marinara Sauce,</b> <b>Carrot Sticks w/dressing</b> <b>Fruit &amp; Milk</b>	26  <b>Philly Hamburger Helper</b> <b>Steamed Broccoli,</b> <b>Whole Wheat Roll</b> <b>Fruit &amp; Milk</b>	27  <b>Chicken Sandwiches</b> <b>Whole Kernel Corn,</b> <b>Cookie,</b> <b>Fruit &amp; Milk</b>
<b>WK 25</b>	30  <b>Crispitos</b> <b>Rice and Beans</b> <b>Shredded Lettuce, Salsa</b> <b>Fruit &amp; Milk</b>	31  <b>Crispy Steak</b> <b>Greens Beans,</b> <b>Whole Wheat Roll</b> <b>Fruit &amp; Milk</b>	1  <b>Hamburgers or</b> <b>Cheeseburgers</b> <b>French Fries</b> <b>Lettuce, Tomato,</b> <b>Fruit &amp; Milk</b>	2  <b>Chicken Alfredo,</b> <b>Steamed Broccoli,</b> <b>Bread Stick,</b> <b>Fruit &amp; Milk</b>	3  <b>Pizza,</b> <b>Baby Carrots, Side Salad</b> <b>w/dressing, Cookie,</b> <b>Fruit &amp; Milk</b>

