



SCHOOL LUNCH MENU 2022-2023



1% White or Fat Free Chocolate Milk or Non-Dairy Milk
Water available at all meals *Menus Are Subject To Change**

Week of	Monday	Tuesday	Wednesday	Thursday	Friday
1/30/2023	Mac & Cheese ⊘ Green Beans Pears Mixed Greens Salad Milk **GF: GF Pasta	Chicken Tenders ⊘ Mashed Potatoes Corn Applesauce Mixed Greens Salad Milk	Soft Beef Taco Lettuce, Cheddar, Sour Cream Diced Pears Chef's Choice Vegetable Milk	Beef Goulash w/ Tomato Sauce Chef's Choice Fruit Mixed Green Salad Milk	French Toast Pork Sausage Patty Dice Roasted Red Potatoes Chef's Choice Fruit Milk

Daily Option: Sunflower Butter/Jelly (100% PEANUT FREE) with Milk, Veggies and Fruit of the day

✓ = Meal as prepared is gluten free ⊘ = HAS GLUTEN/Modification made

**** On these days, entrée not GF so staff will assist student to choose a GF option**

Other meal choices will be Grilled Cheese Sandwich or Cold Cheese Sandwich with Milk, Veggies and Fruit of the day.
 - chosen by Cafeteria Staff Each Day.

*******Meals will be delivered 15-20 minutes later per day for the month of January*******