

January 2023 Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		National Spaghetti Day Meatballs & Spaghetti Roasted Broccoli Fresh Fruit Chiled Pears (PK & YK) Garlic Roll Milk	Fried Chicken Drumstick Potatoes Au Gratin Carrot Souffle Fresh Fruit Chilled Applesauce French Bread Milk (PK & YK) Chicken Nuggets Bananas (PK & YK)	Boneless Wing Bar Celery Sticks with Ranch Roasted Cauliflower Fresh Fruit Chiled Pears (PK & YK) King Cake Milk
		Mozzarella Sticks	Chicken Nuggets & Fries or Cobb Salad	Pizza & Fries
9	10	11	12	13
Chicken Stew Steamed Rice Seasoned Green Beans Carrot Souffle Fresh Fruit Chilled Peaches (PK & YK) French Bread Milk	Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Strawberries (PK & YK) King Cake Milk <i>(PK & YK)</i> Soft Tacos	Red Beans Steamed Rice Fried Catfish Creamed Spinach Fresh Fruit Chiled Pears (PK & YK) Southern Butter Roll Milk National Milk Day	Pepperoni Pizza Pasta Steamed Broccoli Golden Corn Fresh Fruit Chilled Applesauce Garlic Roll Milk Bananas (PK & YK)	Brunch for Lunch Pancakes & Sausage Tator Tots Grits Steamed Baby Carrots Fresh Fruit Chilled Pears (PK & YK) Cookie Milk
Hamburger on Bun	Chicken Tenders & Fries or Chicken Caesar Salad	Sloppy Joe & Fries	Pizza or Chicken Caesar Salad	Hot Dogs & Fries
16	17	18	19	20
MLK Holiday Schools Closed	Southwest Bowl Fajita Chicken Southwest Rice Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Pineapples (PK & YK) King Cake Milk	Shepherd's Pie Glazed Carrots Fresh Fruit Chilled Strawberries (PK & YK) Southern Butter Roll Milk Nutrition Day Tangerine	Lasagna Roasted Broccoli Fresh Fruit Chilled Applesauce Garlic Roll Milk Bananas (PK & YK)	SFNS Popcorn Chicken Bowl Chicken Smackers Mashed Potato with Gravy Shredded Cheese Golden Corn Fresh Fruit Chiled Pears (PK & YK) French Bread Cake Milk
	Chicken Nuggets & Fries or Southwest Grilled Chicken Salad	General Tso Chicken Smackers & Fries	Pizza & Fries or Southwest Grilled Chicken Salad	Hamburger on Bun & Fries
23	24	25	26	28
Salisbury Steak Mashed Potatoes with Gravy Glazed Carrots Fresh Fruit Chilled Peaches (PK & YK) French Bread Milk	Beef Totchos Cheese Sauce Golden Corn Fresh Fruit Chilled Strawberries (PK & YK) King Cake Milk	Sweet Heat Meatballs Macaroni & Cheese California Mixed Vegetables Baked Beans Fresh Fruit Chilled Pineapples (PK & YK) Southern Butter Roll Milk	Chicken Parmesan Creamed Spinach Fresh Fruit Chilled Applesauce Garlic Roll Milk Bananas (PK & YK)	Chicken & Sausage Gumbo Steamed Rice Potato Salad Broccoli with Cheese Fresh Fruit Chiled Pears (PK & YK) Southern Butter Roll Brownie Milk
Chicken Sandwich	Sloppy Joe on Bun & Fries or Chicken Caesar Wrap	Hamburger on Bun	Chicken Nuggets & Fries or Chicken Caesar Wrap	Pizza & Fries
30	31			
White Beans Steamed Rice Chicken Smackers (PK & YK) or Sausage Broccoli with Cheese Fresh Fruit Chilled Peaches (PK & YK) Southern Butter Roll Milk	Crispy or Soft Beef Taco Shredded Cheese Shredded Lettuce & Chopped Tomatoes Golden Corn Fresh Fruit Chilled Strawberries (PK & YK) King Cake Milk <i>(PK & YK)</i> Soft Beef Taco			
Hamburger on Bun	Chicken Sandwich			This institution is an equal opportunity provider.

January 2023

Elementary & HS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		Pancakes with Sausage or Cereal & Toast AND Grits Chilled Strawberries Fresh Fruit Potato Rounds Milk	Banana Split Parfaits Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Beingets or Cereal & Toast AND Grits Chilled Peaches Fresh Fruit Potato Rounds Milk
9	10	11	12	14
Sausage Biscuit or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Chicken & Waffles or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk	Build Your Own Breakfast Burrito or Cereal & Toast AND Grits Chilled Pineapples Fresh Fruit Potato Rounds Milk	Strawberry Yogurt Parfait or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Cinnamon Rolls or Cereal & Toast AND Grits Chilled Peaches Fresh Fruit Potato Rounds Milk
16	17	18	19	20
MLK Holiday Schools Closed	Waffle and Sausage or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk Bananas (Pre K) Fresh Fruit (Sat)	French Toast Sticks or Cereal & Toast AND Grits Chilled Strawberries (Pre K & Sat) Fresh Fruit Potato Rounds Milk	Strawberry & Banana Smoothies Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Glazed Donut or Cereal & Toast AND Grits Chilled Peaches Fresh Fruit Potato Rounds Milk
23	24	25	26	27
Chicken Biscuit or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Funnel Cakes or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk	Pancakes with Sausage or Cereal & Toast AND Grits Chilled Strawberries Fresh Fruit Potato Rounds Milk	Banana Split Parfaits Graham Crackers or Toast & Sausage or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Beingets or Cereal & Toast AND Grits Chilled Peaches Fresh Fruit Potato Rounds Milk
30	31			
Sausage Biscuit or Cereal & Toast AND Grits Chilled Pears Fresh Fruit Potato Rounds Milk	Chicken & Waffles or Cereal & Toast AND Grits Chilled Applesauce Fresh Fruit Potato Rounds Milk			