

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3 Popcorn Chicken
Cool Kits
Sub Sandwiches
Salads
Broccoli/Tomatoes
Fruit Milk

4 Burrito w/Chili
Cool Kits
Sub Sandwiches
Salads
Carrots-Ranch
Fruit Milk

5 Chicken Sandwiches
Cool Kits
Sub Sandwiches
Salads
Tomato-cucumber
Fruit Milk

6 Chicken Nuggets
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

9 Stuffed Crust Pizza
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Carrots
Fruit Milk

10 Chicken Crispy
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

11 Boudain Balls
Cool Kits
Sub Sandwiches
Salads
Carrots-Ranch
Fruit Milk

12 Walking Taco
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Cucumber
Fruit Milk

13 Chicken Nuggets
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

16 Lunch Pizza
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Carrots
Fruit Milk

17 Popcorn Shrimp
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

18 Gumbo
Cool Kits
Sub Sandwiches
Salads
Carrots-Ranch
Fruit Milk

19 Spicy Chicken
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Cucumber
Fruit Milk

20 Chicken Rings
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

23 Pizza Bagels
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Carrots
Fruit Milk

24 Spicy Chicken
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

25 BBQ Sandwiches
Cool Kits
Sub Sandwiches
Salads
Carrots-Ranch
Fruit Milk

26 Chicken Crisp
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Cucumber
Fruit Milk

27 Chicken Nuggets
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

30 Stuffed Crust Pizza
Cool Kits
Sub Sandwiches
Salads
Tomatoes-Carrots
Fruit Milk

31 Turkey Sandwiches
Cool Kits
Sub Sandwiches
Salads
Broccoli-Tomatoes
Fruit Milk

JAN
MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:
• *Menu is subject to change*

