

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3 Baked Fried Chicken
Mashed Potatoes
w/gravy
Broccoli
Fruit
Milk

4 Chicken Wrap
Garden Salad
Peas and Carrots
Fruit
Milk

5 Beef Spaghetti
Garlic Bread
Black-eyed Peas
Garden Salad
Fruit
Milk

6 Cheese Burgers
Burger Salad
French Fries
Cookie
Fruit
Milk

9 Chili Cheese Dogs
Ranch Style Beans
Whole Kernel Corn
Fruit
Milk

10 Tacos
Garden Salad
Baked Beans
Fruit
Milk

11 Tamales
Refried Beans
Salsa Cups/Chips
Mexican Rice
Fruit
Milk

12 Chicken Alfredo
Green Beans
Garlic Breadsticks
Fruit
Milk

13 Wildcats Burgers
Burger Salad
Potatoes Wedges
Cookies
Fruit
Milk

16 Burrito w/Chili
Cheese
Whole Kernel Corn
Fruit
Milk

17 Lunch Pizza
Cheesy Potatoes
Garden Salad
Fruit
Milk

18 Gumbo
Rice
Potato Salad
Crackers
Fruit
Milk

19 McRib's
Baked Beans
Potato Wedges
Fruit
Milk

20 Happy Burgers
Burger Salad
Chips
Cookie
Fruit
Milk

23 Quesadilla
Ranch Style Beans
Carrots
Fruit
Milk

24 Meatball w/gravy
Mashed Potatoes
Corn on the Cob
Bread
Fruit
Milk

25 Tangerine Chicken
Pinto Beans
Asian Rice
Fortune Cookies
Fruit
Milk

26 Steak Fingers
Au Gratin Potato
Baked Beans
Bread
Fruit
Milk

27 Cheese Burgers
Burger Salad
French Fries
Cookies
Fruit
Milk

30 Corn Dogs
Mac and Cheese
Chili Beans
Fruit
Milk

31 Chicken Fried
Chicken
Rice w/Gravy
Sweet Peas
Bread Fruit
Milk

JAN
MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:
• *Menu is Subject to Change..*

