

# All Cafeterias

## Lunch January 2021

Primary - \$ 2/Secondary \$2.25

|  |   |  |   |   |
|--|---|--|---|---|
|  | 05  | 06   | 07  | 08  |
| Hot Dogs with Chili<br>French Fries<br>Peas & Carrots<br>Fruit Choice  | Beef-A-Roni<br>California Blend Veggies<br>Greens Beans<br>Fruit Choice<br>Garlic Rolls                       | Breaded Chicken Pattie<br><b>Sweet Potatoes</b><br>Broccoli Florets<br>Fruit Choice<br>Dinner Roll           | Meatloaf<br>Mashed Potatoes & Gravy<br><b>Lima Beans</b><br>Fruit Choice<br>Dinner Roll           | Mini Tacos<br><b>Refried Beans</b><br>Corn<br><b>Salsa Cup</b><br>Fruit Choice                            |
| 11<br>Red Beans & Sausage<br>White Rice<br>Smothered Cabbage<br><b>Sweet Potatoes</b><br>Fruit Choice<br>Cornbread   | 12<br>Chicken Tenders<br>Cheesy Spaghetti<br><b>White Beans</b><br>Green Beans<br>Fruit Choice<br>Dinner Roll | 13<br>Salisbury Steak<br>Rice & Gravy<br>Asian Veggies<br><b>Carrot Coins</b><br>Fruit Choice<br>Dinner Roll | 14<br>Pepperoni Pizza<br>Mixed Veggies<br>Spinach<br>Fruit Choice                                 | 15<br>Baked Chicken<br>Roasted Red Potatoes<br>Corn<br>Fruit Choice<br>Dinner Roll                        |
| 18<br><b>MARTIN LUTHER KING<br/>JR DAY</b>   | 19<br>Grilled Cheese Sandwich<br>Seasoned Greens<br>Corn<br>Fruit Choice                                      | 20<br>Spaghetti w/Meatsauce<br>Carrot Coins<br>Green Beans<br>Fruit Choice<br>Garlic Roll                    | 21<br>Jambalaya<br>Smothered Okra & <b>Tomatoes</b><br>Mixed Veggies<br>Fruit Choice<br>Cornbread | 22<br>Backyard Burgers<br>French Fries/Tater Tots<br><b>Baked Beans</b><br>Fruit Choice                   |
| 27<br>Mexican Chili w/Beans<br>French Fries<br>Peas & Carrots<br>Fruit Choice  | 28<br>Beef-A-Roni<br>California Blend Veggies<br>Greens Beans<br>Fruit Choice<br>Garlic Rolls                 | 29<br>Breaded Chicken Pattie<br><b>Sweet Potatoes</b><br>Broccoli Florets<br>Fruit Choice<br>Dinner Roll     | 30<br>Meatloaf<br>Mashed Potatoes & Gravy<br><b>Lima Beans</b><br>Fruit Choice<br>Dinner Roll     | 31<br>Soft Tacos (Taco Maxx<br>Snaxx)<br><b>Refried Beans</b><br>Corn<br><b>Salsa Cup</b><br>Fruit Choice |
| <p>Students May Select The Following Items:<br/> <b>Choice of 1 Entrée</b><br/> <b>Choice of 1 Grain</b><br/> <b>May Choose All Vegetables</b><br/> <b>May Choose up to 2 Fruits</b><br/> <b>Choice of Milk if desired</b></p> |   |  |   |   |

- Students **MUST** choose at least **1/2 cup fruit or 1/2 cup vegetable**.
- Students may decline 2 of the 5 food components. Milk is not required. Main entrees such as pizza and sandwiches count as a meat and a bread/grain.

\*\*\*MENU SUBJECT TO CHANGE\*\*\*

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

\*\*\*MILK CHOICE OFFERED DAILY\*\*\*\*