

# Zachary Community Schools January Lunch 2022

Updated: 1/5/2022

Students May Select the Following Items: <b>Choice of 1 Entrée</b> <b>Choice of 1 Grain</b> <b>May Choose All Vegetables</b> <b>May Choose up to 2 Fruits</b> <b>Choice of Milk if desired</b>		Students <b><i>MUST</i></b> choose at least $\frac{1}{2}$ cup fruit <b>or</b> $\frac{1}{2}$ cup vegetable.  Students may decline 2 of the 5 food components. Milk is <b><i>NOT</i></b> required.  Main entrees such as pizza and sandwiches count as a meat and a bread/grain.		
03	04	05	06	07
	Breaded Chicken Pattie Mashed Sweet Potatoes Green Beans Fruit Choices Dinner Roll	Spaghetti /Meatsauce Tossed Salad Seasoned Spinach Fruit Choices Garlic Bread	Mini Corn Dogs/Corn Dogs French Fries Winter Blend Veggies Fruit Choices Dinner Roll	Chicken Tenders Mac-A-Roni & Cheese Creamy Cole Slaw Baby Lima Beans Fruit Choices
10	11	12	13	14
Red Beans & Sausage White Rice Smothered Cabbage California Blend Fruit Choices Cornbread	Pepperoni Pizza Tossed Salad Peas & Carrots Fruit Choices	Salisbury Steak w/ Rice & Gravy Carrot Coins Tossed Salad Fruit Choices Dinner Roll	Baked Chicken Roasted Red Potatoes Steamed Broccoli Fruit Choices Dinner Roll	Cheeseburgers French Fries Baked Beans Cucumber Tomato Salad Fruit Choices
17	18 – Breakfast for Lunch	19	20	21
<b>MARTIN LUTHER KING DAY</b>	French Toast Sticks Sausage Tator Tots Baby Carrots w/Ranch Fruit Choices	Beef Tacos Taco Fixin's Mexican Beans Mexicali Corn Fruit Choices	Lasagna Tossed Salad w/Dressing Seasoned Greens Fruit Choices Garlic Rolls	Hot Dogs with Chili French Fries Mixed Veggies Fruit Choice
24	25	26	27	28
Grilled Chicken Breast Pattie Scalloped Potatoes Tomato/Cucumber Salad Fruit Choices Dinner Roll	Backyard Burgers W/Fixins French Fries Baby Carrots w/Ranch Dressing Fruit Choices	Chicken Stew w/Rice Smothered White Beans Green Beans Fruit Choice Dinner Roll	Beef-A-Roni Broccoli/Cauliflower Blend Whole Kernel Corn Fruit Choices Dinner Roll	Pizza Sticks with Marinara Tossed Salad Seasoned Spinach Fruit Choices

\*\*\*\*\* Due to Supply Chain Disruption menus above may vary. Thank you for your patience! \*\*\*\*\*

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

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

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