

ZHS Jan. lunch

Mon

Tue

Wed

Thu

Fri

Happy New Year

Menu subject to change

THIS INTSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

4 Red Beans and Sausage
Rice
Seasoned Green Beans
Tossed Salad
Fruit Choice
Cornbread

5 Meatball Subs
Tator Tots
Tossed Salad
Fruit Choice
Milk Choice
Milk Choice

8 Chicken and Sausage Fetti/
Pasta
Peas
Tossed Salad
Fruit Choice
Rolls
Milk Choice

9 **Taco Soup**
Fruit choice
Milk choice
Tortilla Chips
Salsa, Jalapenos, and Sour
Cream

10 Meatloaf
Mashed Potatoes
Peas
Tossed Salad
Fruit Choice
Rolls
Milk Choice

11 Gumbo
Rice
Potato Salad
Seasoned Greens
Fruit Choice
Crackers
Milk choice

12 Fish
Scalloped Potatoes
Seasoned Green Beans
Tossed Salad
Fruit Choice
Rolls
Milk Choice

15
No School

16 Chicken Tenders
Mac and Cheese
California Blend Veggies
Tossed Salad
Fruit Choice
Rolls
Milk Choice

17 **Tamale Pie**
Corn
Tossed Salad
Fruit Choice
Garlic Rolls
Milk Choice

18 Baked Chicken
Loaded Mashed Potatoes
Broccoli
Tossed Salad
Fruit Choice
Roll
Milk Choice

19 Chili Dog/Bun
Tator Tots
Tomato and Cucumber Salad
Tossed Salad
Fruit Choice
Milk Choice

22 BBQ Sandwich on Bun
Carrot Coins
Tossed Salad
Fruit Choice
Milk Choice

23 Meatball Subs
Baked Beans
Tossed Salad
Fruit Choice
Milk Choice

24 Red Beans and Sausage
Rice
Seasoned Greens
Tossed Salad
Fruit Choice
Cornbread
Milk Choice

25 Chicken and Sausage Fetti/
Pasta
Corn
Tossed Salad
Fruit Choice
Rolls
Milk Choice

26 Corn Dogs
Fries
Peas
Tossed Salad
Fruit Choice
Rolls
Milk Choice

29 Red Beans and Sausage
Rice
Seasoned Greens
Tossed Salad
Fruit Choice
Cornbread

30 Chicken Fajitas
Spanish Rice
Corn Cobbetts
Tossed Salad
Lettuce and Tomato Cup
Fruit Choice

31 Jambalaya
White Beans
Cabbage
Tossed Salad
Fruit Choice
Cornbread