

JANUARY 2023

Jr/Sr High School

equal opportunity employer

LUNCH



Food Service is hiring, come join our team!

We currently have a position available, no experience needed. Starting pay \$15/hr. Perfect for retirees and parents with young children in school.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

Holiday Recess

2

No School

TUESDAY

Pizza Crunchers
w/Tomato Sauce

3

Broccoli
Seasoned Corn

WEDNESDAY

Cheeseburger
Whole Grain Bun

4

Sweet Potato Trax
Green Beans

THURSDAY

Toasted Cheese on
Whole Grain Bread

5

Tomato Soup
Green Beans

FRIDAY

Personal Pan Pizza

6

Caesar Salad
Seasoned Carrots

Chicken Patty
Whole Grain Bun

9

Mixed-up Veggies
Sweet Potato Fries

Walking Taco
Beef, salsa, cheese, sour
cream, lettuce
Seasoned Corn
Black Bean Salsa

10

Pasta & Meatsauce
w/Breadstick

11

Caesar Salad
Green Beans

Breakfast Sandwich
Whole Grain Croissant

12

Tater Tots
Veggie/Fruit Juice

Big Daddy's Pizza

13

Broccoli
Carrot Coins

Martin Luther King Day

16

No School

Chicken Nuggets
w/Dip & Roll

17

Sweet Potato Fries
Steamed Broccoli

Twisted Cheesy
Breadsticks
w/Tomato Sauce
Green Beans
Tossed Salad

18

French Toast Sticks
w/Sausage

19

Hash Rounds
Cherry Star Juice

Stuffed Crust Pizza

20

Caesar Salad
Carrot Coins

Breaded Mozzarella
Sticks w/Tomato Sauce

23

Green Beans
Cali Blend

Nachos Supreme
w/Salsa & Sour cream

24

Cheesy Bean Dip
Seasoned Corn

Meatball Sub w/Parm
Whole Grain Bun

25

French Fries
Steamed Broccoli

Garlic & Parmesan
Roasted Chicken
w/Dinner Roll
Sweet Potato Fries
Mixed Veggies

26

Homemade Pizza

27

Garden Salad
Carrot Coins

Mini-Corn Dogs
w/ Honey Mustard

30

Green Beans
Sweet Potato Fries

Taco Tuesday
Beef, 2 soft shells,
salsa, cheese, sour cream,
lettuce
Seasoned Corn
Cheesy Bean Dip

31

