



# JANUARY | 2023

## MHS LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2	3	4	5	6
	<b>WINTER BREAK!! NO SCHOOL</b>			
9 Quesadilla W/Salsa & Sour Cream Refried Beans Green Beans Strawberries Milk	10 Hot Dog French Fries Peaches Milk	11 Chicken Bowl W/Breadstick Mashed Potatoes Corn Applesauce Milk	12 Steak Dippers W/Sunchips Broccoli & Cheese Pineapple Milk	13 Calzone Seasoned Carrots Pears Milk Baked Potato Bar
16 No School	17 Chicken Drumstick W/Bosco Stick Sweet Potato Fries Baked Cinnamon Apples Milk	18 French Toast Sticks W/Sausage Potato Rounds Peaches Milk	19 BBQ Rib Sandwich Green Beans Pears Milk	20 Orange Chicken Bowl California Blend Mixed Fruit Milk Chicken Twister Bar
23 Corn Dog Glazed Carrots Peaches Milk	24 Meatball Sub Green Beans Tropical Fruit Milk	25 Chicken Tenders W/Pretzel Stick French Fries Applesauce Milk	26 Pizza Crunchers Broccoli Mixed Fruit Milk	27 Memphis Bowl W/Dinner Rolls Baked Beans Pears Milk Hot Dog Bar
30 Bosco Sticks W/Marinara Broccoli & Cheese Pears Milk	31 Burrito W/Salsa & Sour Cream Refried Beans Strawberries Milk	1	2	3

**Everyday:**  
**Pizza**  
**Chicken Sandwich**  
**Various Salads**  
**Cold Sandwiches/Wraps**  
**Various Grab & Go**  
**Boxes**

**Monday: Taco Bar**

**Tuesday: Pasta Bar**

**Wednesday: Nacho Bar**

**Thursday: Pasta Bar**

**Friday: Various Bars**  
**Baked Potato Bar**  
**Chicken Twister Bar**  
**Hot Dog Bar**  
**Wing Bar**

\*This institution is an equal opportunity provider and employer

\*Menu subject to change