

JANUARY 2023

Christ The King

LUNCH



Lunch \$3.60 includes milk
2nds (7&8) \$1.65-\$2.00
Milk/Juice/Water .50
Cinnamon Roll .65 Cookie .50



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

2

Pork Sancho
Mexican rice
Corn
Peaches

3

Chicken Noodle Soup
Crackers
Carrots/Celery
Pears
Cinnamon Rolls

4

Hamburger Ponyshoe
Baked Beans
Pineapple

5

Lasagna
Breadsticks
Romaine Salad
Grapes

6

Chicken Nuggets
Mashed Potatoes/Gravy
Green Beans
Peaches

9

Pancakes
Turkey sausage
Tots
Orange

10

NO LUNCH
11:15 Dismissal

11

Chili Mac
Cheese cup
Broccoli
Pineapple

12

Rattlesnake bowl
Garbanzo Salad
Carrot
Pears

13

No School

16

Pulled Pork
Mac n Cheese
Baked Beans
Mandarin Oranges

17

Hotdog or Chili dog
Sweet Potato Fries
Corn
Banana
Cookie

18

Chicken and Noodles
Mashed Potatoes
Steamed Carrots
Pears

19

Cheese Filled Breadstick
Marinara
Romaine Salad
Zucchini
Fruit Cup

20

Mini Corndogs
French Fries
Carrots
Applesauce

23

Hard Taco
Lettuce/Cheese cup
Cowboy Caviar
Orange

24

Teriyaki Chicken
Rice
Broccoli
Pineapple
Cookie

25

Sub Sandwich
Tots
Carrots
Grapes

26

Pasta w/Meat Sauce
Breadstick
Green Beans
Apples

27

Breaded Chicken Sandwich
Sweet Potato Fries
Romaine Salad
Applesauce

30

French Toast Sticks
Turkey Sausage
Tots
Mixed Fruit

31

