

January 2023

Middle & High School | BREAKFAST & LUNCH MENU



GRILL

Mon – Cheeseburger

Tue – Hot Dog

Wed – Corn Dog

Thur – Spicy or Regular Chicken Sandwich

Fri – Fish Sandwich

Powering potential.

MON	TUES	WED	THURS	FRI
²	³ <u>Egg & Cheese Biscuit</u> Country Fried Steak & Gravy	⁴ <u>Blueberry Parfait</u> Carnita Frito Bowl	⁵ <u>Sausage, Egg & Cheese English Muffin</u> Pizza	⁶ <u>Lucky Charms Donut</u> BBQ Pork Sandwich w/ Fries
⁹ <u>Blueberry Waffle</u> Fish Tacos with Sriracha Slaw	¹⁰ <u>Biscuits & Gravy</u> Chicken Parmesan	¹¹ <u>Yogurt Parfait</u> Chicken Tater Tot Bowl	¹² <u>Ham, Egg & Cheese Toast</u> Pizza	¹³ <u>Chocolate Glazed Donut</u> BBQ Riblet Sandwich w/ Fries
¹⁶ <u>Bagels for Breakfast</u> Popcorn Poppers	¹⁷ <u>Egg & Biscuit</u> BBQ Chicken & Cheese Baked Potato	¹⁸ <u>Yogurt Parfait</u> Kickin' Bean, Beef & Rice Bowl	¹⁹ <u>Sausage, Egg & Cheese Biscuit</u> Pizza	²⁰ <u>Donut Holes</u> Sloppy Joe w/ Fries
²³ <u>Breakfast Pizza</u> Walking Taco	²⁴ <u>Bacon, Egg & Cheese Biscuit</u> Chicken Alfredo	²⁵ <u>Fruit & Yogurt Parfait</u> Black Bean Chili Frito Bowl	²⁶ <u>Sausage Egg Tot Taco</u> Pizza	²⁷ <u>Cocoa Puff Donut</u> Meatball Pizza Sub
³⁰ <u>Pancakes</u> Chicken Quesadilla	³¹ <u>Sausage Pancake on a Stick</u> Dumplings & Lo Mein	<i>National Bagel Day 1/16/22</i>		

Menus are subject to change.



Daily Deli Offering

- Monday – Ham & Cheese Sandwich
- Tuesday – Chef Salad
- Wednesday – Taco Salad
- Thursday – Turkey & Cheese Sandwich
- Friday – Chicken Caesar Salad

All meals must include at least one serving of fruits or vegetables.

Milk is offered at all meals but not required.



This institution is an equal opportunity provider

