



JANUARY 2022 MID-HS LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	MEATBALL SUB WITH CHEESE GARDEN SALAD W/RANCH CORN, FRUIT MILK CHOICES	4	GRILLED CHEESE & TOMATO SOUP CELERY & CARROT STICKS WATERMELON MILK CHOICES	5	FISH SANDWICH WITH CHEESE FRESH VEGGIES WITH DIP RED APPLES MILK CHOICES	6	2 HOT DOGS IN BUNS BAKED BEANS STEAMED BROCCOLI PEACHES MILK CHOICES	7	PIZZA SLICES WITH ASSORTED TOPPINGS SLICED CUCUMBERS MANDARIN ORANGES MILK CHOICES
10	SPAGHETTI WITH MEAT SAUCE DINNER ROLL COLESLAW & FRUIT MILK CHOICES	11	<i>BRUNCH FOR LUNCH!</i> PANCAKES & SAUSAGE VEGGIE STICKS & DIP APPLESAUCE MILK CHOICES	12	CHEESEY NACHOS WITH CHICKEN & CHEESE MEXICAN RICE SALAD & ORANGE WEDGES MILK CHOICES	13	FISH STICKS WITH GARLIC MASHED POTATO DINNER ROLL, SALAD PINEAPPLE CHUNKS MILK CHOICES	14	CHEESY DIPPING STICKS WITH SAUCE BAKED BEANS, VEG STICKS WATERMELON MILK CHOICES
17	<i>NO SCHOOL TODAY!</i> <i>MARTIN LUTHER KING JR.</i> <i>DAY!</i>	18	CHICKEN NUGGETS AND OVEN FRIES BUTTERED CARROTS FRUIT CHOICES MILK CHOICES	19	SWEET N SOUR CHICKEN OVER RICE STEAMED BROCCOLI PINEAPPLE CHUNKS MILK CHOICES	20	ROAST PORK & GRAVY GARLIC MASHED POTATO BUTTERED PEAS, ROLL FRUIT COCKTAIL MILK CHOICES	21	BIG DADDY'S PIZZA BBQ BAKED BEANS SLICED CUCUMBERS WITH DIP MANDARIN ORANGES MILK CHOICES
24	<i>NO SCHOOL TODAY!</i> <i>TEACHER INSERVICE DAY!</i>	25	TERIYAKI CHICKEN MASHED POTATOES, CORN DINNER ROLL PEARS MILK CHOICES	26	SLOPPY JOES ON A ROLL MIXED VEGETABLES BLUEBERRY CRISP GREEN APPLES MILK CHOICES	27	SHEPHERD'S PIE WITH A DIINNER ROLL COLESLAW ASSORTED FRUITS MILK CHOICES	28	CHEESY DIPPING STICKS WITH SAUCE, BKD BEANS SWEET PEPPER SLICES/DIP FRUIT MIX MILK CHOICES
31	CHICKENBURGERS CUCUMBERS CAESAR SALAD MELON SLICES MILK CHOICES				<i>DELI SANDWICH BAR</i> <i>EXPRESS SALADS</i> <i>A-LA-CART CHOICE</i> <i>OFFERED DAILY!</i>				

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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