

# Meadow Heights Menus January 2023

## Breakfast

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Yogurt & Muffin	Biscuit & Gravy	Breakfast Pizza	Sausage Biscuit	Cinnamon Twist

A variety of Juice and Milk offered daily.

## Lunch

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
9 Chicken Strips Peas & Carrots Cheesy Garlic Biscuit Peaches	10 Cheeseburger or Hamburger Ranch Potatoes Mixed Fruit	11 Chicken & Noodles Green Beans Hot Roll Applesauce Cup	12 <b>6<sup>th</sup> Grade Choice</b> Meat Lover's Pizza Corn Chocolate Cake Strawberries	13 Chili & Cheez-its PB Sandwich Baby Carrots Brownie/Juice
16 <b>NO SCHOOL</b>	17 Mostaccoli Ranch Garden Salad Breadstick Pears	18 Beef Stew Broccoli/Cauliflower Salad Hot Roll/Grape Juice	19 Turkey, Cheese & Bacon Lettuce/Tomato/Pickle Potato Wedges Apple	20 Bosco Sticks Spaghetti Sauce Veggies & Ranch Blueberries
23 Sausage Pancake Wraps/Syrup Hash Brown Banana	24 Country Fried Pork Steak/Biscuit M. Potatoes & Gravy Mixed Fruit	25 BBQ Rib Patty Corn on the Cob Honeydew Cowboy Cookie	26 <b>7<sup>th</sup> Grade Choice</b> Popcorn Chicken M Potatoes & Gravy Biscuit Strawberries/Oreo Fluff	27 Walking Taco Lettuce/Salsa Oranges
30 Chicken Alfredo Steamed Broccoli Breadstick Pears	31 Salisbury Steak M Potatoes & Gravy Hot Roll Apple Juice			

### Additional Elementary, Middle and High School Choices

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Patty	Cheese Pizza	Grilled Cheese	Buffalo Chicken Pizza	Cheeseburger

Variety of Milk, Fruit and Vegetables Offered Daily.

Menus subject to change according to availability.

The USDA is an equal opportunity employer.

