

JAN 2023

GEAR UP FOR THE GYM



ANNOUNCEMENTS:

MONDAY

HOLIDAY

2

2

TUESDAY

TEACHER'S
INSERVICE

3

WEDNESDAY

FISH
FRIES
OKRA
HUSH PUPPIES
STRAWBERRIES
MILK

4

THURSDAY

STEAKFINGERS
MASHED POTATOES
GRAVY
GREEN BEANS
FRUIT MILK

5

FRIDAY

HAMBURGER/CHEESE
TATOR TOTS
SALAD
TOMATOES
FRUIT MILK

6

3
MEAT & CHEESE CHALUPAS
BEANS
CORN
SALSA
ORANGE SMILES MILK

9

CHILI CHEESE TOTCHOS
FRESH VEGGIE CUP
FRUIT
MILK
COOKIE

10

SHEPHERDS PIE
CARROTS
GREEN BEANS
FRUIT MILK

11

BREADED CHEESESTICKS
MARINARA SAUCE
TOMATO CUP
GARDEN SALAD
FRUIT MILK

12

ROAST BEEF SANDWICH
CORN
CUCUMBERS
ROSY APPLESAUCE
MILK

13

HOLIDAY

16

4

CHICKEN SPAGHETTI
GARDEN SALAD
TOMATOES
BREADSTICKS
FRUIT MILK

17

FRITO PIE
BEANS
FRESH VEGGIE CUP
PINEAPPLE
MILK
COOKIE

18

PIZZA
BROCCOLI
TOMATO CUP
CINNAMON APPLESAUCE
MILK

19

BURGER CHOICE
GARDEN SALAD
TOMATOES
FRENCH FRIES
FRUIT MILK

20

1
CORN DOGS
POTATOES
TOMATO CUP
FRUIT MILK

23

NACHOS GRANDE
SALSA
BEANS
CUCUMBERS
FRUIT
ICE CREAM MILK

24

BREADED PORK CHOPS
BROCCOLI
CORN
MANDARIN ORANGES
ROLL
MILK

25

MACARONI
CHEESEBURGER
HOT ROLL
CARROTS
GREEN BEANS
FRUIT
MILK

26

CHICKEN SANDWICH
FRESH VEGGIE CUP
GARDEN SALAD
FRUITY GELATIN
MILK

27

CHICKEN FRIED STEAK
MASHED POTATOES
OKRA
STRAWBERRIES
HOT ROLL
MILK

30

2
TEX MEX STACK
BEANS
CARROTS
SALSA
SPANISH RICE
SHERBET
FRUIT MILK

31



Food and Nutrition Division
Nutrition Assistance Programs



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
This product was funded by USDA.
This institution is an equal opportunity provider.



Updated 1/1/2022
www.SquareMeals.org