

JANUARY 2023

May ISD

LUNCH

This institution is an equal opportunity provider



School Information: Students K-6 Regular Price: \$2.75
Students 7-12 grades \$3.00 Reduced \$0.40
Milk & Juice is offered with each meal
Additional Milk & Juice \$0.50 each
Adult price is \$3.75



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

Menu is subject to change due to delivery.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

School Holiday

2

Chicken on Bun
Baked Beans
French Fries/Carrots
Fruit
Milk/Juice

3

Pizza
Veggies Sticks
Peas
Fruit
Milk/Juice

4

Chili/Cheese Burritos
Corn
Fruit
Cucumbers
Milk/Juice

5

Cheese Burgers
Cooked Carrots
Chips
Tomato Cup/Fruit
Milk/Juice

6

Chicken Strips
Mac & Cheese
Carrots
Fruit
Milk/Juice

9

Lasagna
Green Beans
Garlic Bread
Broccoli/Fruit
Milk/Juice

10

Steak Fingers
Gravy/Roll
Peas/Celery
Fruit
Milk/Juice

11

Chicken Spaghetti
Cooked Carrots
Bread Sticks
Fruit/Tomatoes
Milk/Juice

12

Frito Pie
Ranch Beans
Cauliflower
Fruit
Milk/Juice

13

School Holiday

16

Corn Dogs
Tater Tots
Baked Beans
Fruit
Milk/Juice

17

Grilled Chicken Subs
Peas/Chips
Cucumber/Fruit
Milk/Juice

18

Quesadillas
Refried Beans
Spanish Rice
Broccoli/Fruit
Milk/Juice

19

Pizza
Corn
Carrots
Fruit
Milk/Juice

20

Meat Ball Subs
Green Beans
Broccoli
Fruit
Milk/Juice

23

Chicken Fajitas
Spanish Rice
Refried Beans
Carrots/Fruit
Milk/Juice

24

Chicken Strips
Gravy/Roll
Mashed Potatoes
Corn/Fruit
Milk/Juice

25

Fish
French Fries
Black-eyed Peas
Fruit/Celery
Milk/Juice

26

Hot Dog
Chili/Cheese
Potato Wedges
Fruit/Carrots
Milk/Juice

27

Chicken on Bun
Baked Beans
French Fries
Cauliflower/Fruit
Milk/Juice

30

Enchiladas
Corn
Refried Beans
Fruit
Milk/Juice

31

