

JANUARY 2023

Dawson Springs

Monday

Tuesday

Wednesday

Thursday

Friday

2
Happy
New Year

4
Chicken Fried Steak
or Chicken Drumstick,
Mashed Potatoes, Green
Beans, Roll, Fruit or
Juice & Milk

5
Beef & Cheese Nachos
or Mac& Cheese, Refried
Beans, Fiesta Veggies,
Lettuce/Tomato Cup,
Fruit or Juice & Milk

6
Pizza or Corndog,
Corn, Baby Carrots,
Side Salad, Fruit or
Sidekick, Cookie & Milk

9
Grilled Cheese or Rib
Sandwich, Tater Tots,
Broccoli w/Cheese,
Coleslaw, Tomato Soup,
Fruit, or Juice & Milk

10
Chicken Filet Sandwich or
Spicy Chicken Sandwich,
Baby Bakers, Glazed
Carrots, Lettuce/Tomato,
Fruit or Juice & Milk

11
Chicken Fried Steak
or Meatloaf, Mashed
Potatoes, Green Beans,
Roll, Fruit or Juice & Milk

12
Hamburger or
Cheeseburger, Fries,
Pork-n-Beans,
Lettuce/Tomato, Fruit or
Juice & Milk

13
Pizza or Corndog,
Corn, Baby Carrots,
Side Salad, Fruit or
Sidekick, Cookie & Milk

16
No
School

17
Rotini w/Garlic Bread,
or Meatball Sub, Baby
Bakers, Corn on the Cob,
Side Salad, Fruit or
Juice & Milk

18
Chicken Fried Steak
or Chicken Drumstick,
Mashed Potatoes, Green
Beans, Roll, Fruit or
Juice & Milk

19
Chicken Fajita or Crispito
w/Queso, Fiesta Veggies,
Refried Beans, Salsa &
Chips, Fruit or Juice & Milk

20
Pizza or Corndog,
Corn, Baby Carrots,
Side Salad, Fruit or
Sidekick, Cookie & Milk

23
Chili, Chili Dog or
Hotdog, Baked Potato
Coleslaw, Fritos, Fruit
or Juice & Milk

24
Lasagna w/Garlic Bread,
or Calzone w/Marinara,
Corn on the Cob, Broccoli
w/Cheese, Side Salad,
Fruit or Juice & Milk

25
Chicken Fried Steak
or Turkey, Mashed
Potatoes, Green Beans,
Roll, Fruit or Juice & Milk

26
Tacos or Chicken
Quesadilla, Fiesta
Veggies, Refried Beans,
Salsa & Chips, Fruit or
Juice & Milk

27
Pizza or Corndog,
Corn, Baby Carrots,
Side Salad, Fruit or
Sidekick, Cookie & Milk

30
Chicken Tenders
w/Roll or Buffalo Chicken
Wrap, Broccoli w/Cheese,
Tater Tots, Carrots
w/Ranch, Fruit or
Juice & Milk

31
Chicken Alfredo w/Garlic
Bread, or Rib Sandwich,
Peas & Carrots, Broccoli
w/Cheese, Side Salad,
Fruit or Juice & Milk

Daily Breakfast Items: Cereal, Poptarts, Fruit, Juice & Milk

Monday: Sausage & Biscuit or Mini Pancakes
Tuesday: Breakfast Pizza or Cinnamon Roll
Wednesday: Egg & Cheese Biscuit or Mini Donuts
Thursday: Chicken Biscuit or Banana Bread
Friday: Sausage Pancake on a Stick

Daily Lunch Menu Items Include:

All of these options come with
Vegetable, Fruit & Milk

Ham & Cheese Croissant Sandwich w/ Chips

Yogurt or Beef Sticks, String Cheese Stick, Muffin & Cheez-its
Ham or Turkey & Cheese Wrap w/Chips
Pizza Lunchable
Chef Salad w/Roll

This Institution is an equal opportunity provider
Menu is subject to change without notice