




# JANUARY | 2023

## *Ballard County Middle/Ballard Memorial High School Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Tornado Chicken Strips OR Chicken Sandwich Mac N Cheese Green Beans & Cherry Tomatoes w/ Ranch Fruit Choice	<b>3</b> Chicken Minis Pork Fritters OR Cheeseburger Mashed Taters Annett's Broccoli Salad Texas Toast Fruit Choice	<b>4</b> Cinnamon Roll Wingsday!!! Bone in Wings & Strips Hashbrown Casserole Baked Beans Hot Roll Fruit Choice	<b>5</b> Bacon/ Egg/ Cheese Biscuit BBQ Sandwich Or Bomber Nachos LeeAnn's Slaw Corn on Cob Fruit Choice	<b>6</b> Cluck it in a Bucket Grilled Chicken Sandwich w/ Bacon and Cheese OR Pizza French Fries Veggie Boat w/ Ranch Fruit Choice
<b>9</b> Tornado Country Fried Steak w/ White Gravy OR Chicken Sandwich Ranch Potatoes Steamed Broccoli Hot Roll Fruit Choice	<b>10</b> Chicken Minis Chicken N Waffles OR Cheeseburger Hashbrown Casserole Cherry tomatoes/ Baked Apples Juice	<b>11</b> Brown Sugar/ Cinnamon Biscuit w/ Bacon Wingsday!!! Bone in Wings & Strips Veggie Boat/ Assorted Chips Cheesy Toast Mandarin Orange Fluff	<b>12</b> Sausage Biscuit Ham and Cheese Sliders OR Bomber Nachos French Fries Babat Carrots w/ Ranch Fruit Choice	<b>13</b> Breakfast Burritos Lasagna OR Pizza Garden Salad Green Beans Break Sticks Fruit Choice
<b>16</b> No School	<b>17</b> Chicken Minis Bosco Cheese Sticks OR Cheeseburger Tater Triangles California Veggie Blend Fruit Choice	<b>18</b> Breakfast Pizza Wingsday!!! Bone in Wings & Strips Chili Tots Anett's Broccoli Salad Fruit Choice	<b>19</b> Breakfast Sandwich Baked Potato Bar or Bomber Nachos LeeAnn's Slaw Steamed Squash Fruit Choice	<b>20</b> Cluck It in a Bucket Bacon/ Ranch/ Chicken Wrap OR Pizza French Fries Corn Fruit Choice
<b>23</b> Tomado Salisbury Steak w/ Brown Gravy OR Chicken Sandwich Pinto Beans Mashed Taters w/ Gravy Cornbread Muffin Baked Apples	<b>24</b> Chicken Minis Crispito w/ Chili & Queso OR Cheeseburger Chips/ Salsa Mexican Corn Salad Fruit Choice	<b>25</b> Cinnamon Roll Wingsday!!! Bone in Wings & Strips Baby Bakers Ceasar Salad Hot Roll Fruit Choice	<b>26</b> Bacon/ Egg/ Cheese Biscuit Chili Dog OR Bomber Nachos French Fries Veggie Boat w/ Ranch Fruit	<b>27</b> Breakfast Burritos Chicken Alfredo OR Pizza Green Peas Garden Salad Bread Sticks Fruit Choice
<b>30</b> Tornado Orange Chicken OR Chicken Sandwich Jasmine Rice Stir Fry Egg Roll Fortune Cookie	<b>31</b> Chicken Minis KFC Bowl OR Cheeseburger Chicken/ Taters/ Corn LeeAnn's Slaw- & Her Mom's Fruit Salad Hot Biscuit	<b>1 Be as you wish to seem. -Socrates</b>	<b>2 Energy Givers:</b> Sunlight Whole foods Hydration Movement decluttering	<b>3</b> 

### Alternate Breakfast Choices

- M- Pop Tart/ Ch. Muffins
- T- Assorted Danishes
- W- Parfaits
- TH- Assorted Cereal
- F- Donuts

Don't forget-

- ✓ Put money into your account.
- ✓ Grab a fruit and vegetable.

### Cold and Fresh Lunch Options

- M- Fried Chicken Salad
- T- Chicken Caesar Wrap
- W- Salad
- TH- LeeAnn's Gyro Chicken wrap
- F- Yogurt Combo

Assorted Fresh Veggies served Daily!  
 Color your plate!

**MENU IS SUBJECT TO CHANGE.**