

JANUARY 2023

ELEMENTARY/ MIDDLE SCHOOL MENU
 This institution is an equal opportunity provider. Menus are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WORD of the MONTH

SELF-DISCIPLINE

Demonstrating hard work. Controlling your emotions, works, actions, impulses, & desires.

3

BREAKFAST

Apple Frudel, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Pepperoni Pizza, Toasted Cheese Sandwich, OR Grab-N-Go
 Corn
 Roasted Carrots W/ Oregano
 Fruit
 Choice of Milk

4

BREAKFAST

Strawberry/ Banana Yogurt, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Breakfast for Lunch
 OR Grab-N-Go
 Chicken & Waffles
 Tater Tots
 Baked Apples
 100% Juice
 Choice of Milk

5

BREAKFAST

Chicken Tender Biscuit
 Cereal & Graham Crackers
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Chicken Tenders
 OR Grab-N-Go
 Creamed Potatoes, Steamed Broccoli
 Hot Roll
 Fruit
 Choice of Milk

6

BREAKFAST

Cereal & Graham Crackers,
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Hamburger, Cheeseburger,
 Breaded Chicken Sandwich,
 OR Grab-N-Go
 French Fries
 Baked Beans
 Fruit, Choice of Milk

9

BREAKFAST

Breakfast Pizza, Cereal & Graham Crackers, OR Strawberry Pop-Tart,
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Pepperoni Pizza, Toasted Cheese Sandwich, OR Grab-N-Go
 Corn
 Carrot/ Cucumber Cup
 Fruit
 Choice of Milk

10

BREAKFAST

Cinnamon Roll, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Pulled Chicken OR Grab-N-Go
 Baked Potato
 Steamed Broccoli W/ Cheese
 Hot Roll
 Fruit
 Choice of Milk

11

BREAKFAST

Apple Cinnamon Toast, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Chili, Grilled Cheese Sandwich
 OR Grab-N-Go
 Celery/ Tomato Cup
 Lite Ranch
 100% Juice
 Choice of Milk

12

BREAKFAST

Chicken Tender Biscuit, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Chicken Tenders
 OR Grab-N-Go
 Creamed Potatoes
 Green Beans
 Hot Roll
 Fruit, Choice of Milk

13


BREAKFAST

Donut, Cereal & Graham Crackers,
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Hamburger, Chili Cheeseburger,
 Breaded Chicken Sandwich, OR Grab-N-Go
 French Fries
 Leafy Green Trimmings
 Baked Beans
 Fruit, Choice of Milk

16



**I HAVE A DREAM
 MARTIN LUTHER KING, JR. DAY
 NO SCHOOL TODAY**

17

BREAKFAST

Cereal & Graham Crackers,
 Or Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Garlic Cheese Toast
 OR Grab-N-Go
 Corn
 Baby Carrots
 Fruit
 Choice of Milk

18

BREAKFAST

Yogurt Parfait , Cereal & Graham Crackers,
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Meatball Sub
 OR Grab-N-Go
 Fresh Broccoli Cup
 Garlic Roasted Red Potatoes
 Fruit
 Choice of Milk

19

BREAKFAST

Chicken Tender Biscuit, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Chicken Smackers
 OR Grab-N-Go
 Creamed Potatoes, Green Beans
 Fruit
 Choice of Milk

20

BREAKFAST

Cereal
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Hamburger, Cheeseburger, Breaded Chicken Sandwich OR Grab-N-Go
 Leafy Green Trimmings, French Fries
 Baked Beans
 Fruit
 Choice of Milk

23

BREAKFAST

Cereal & Graham Crackers, Strawberry Pop-Tart, OR Muffin & String Cheese
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Cheese Pizza, Toasted Cheese Sandwich
 OR Grab-N-Go
 Ranch Roasted Broccoli
 Corn
 Fruit
 Choice of Milk

24

BREAKFAST

Mini Waffles, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Beef Dippers
 OR Grab-N-Go
 Creamed Potatoes
 Steamed Broccoli
 Fruit
 Choice of Milk

25

BREAKFAST

Mini French Toast Sticks, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Nashville Hot Chicken Sandwich
 OR Grab-N-Go
 Baked Beans
 Confetti Coleslaw
 Fruit
 Choice of Milk

26

BREAKFAST

Chicken Tender Biscuit, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Chicken Tenders
 OR Grab-N-Go
 Creamed Potatoes
 Green Beans
 Fruit
 Choice of Milk

27

BREAKFAST

Cereal
 OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Hamburger, Cheeseburger, Breaded Chicken Sandwich OR Grab-N-Go
 Leafy Green Trimmings
 Creamed Potatoes
 Carrot/ Cucumber Cup
 Fruit, Choice of Milk

30

BREAKFAST

Cinni Minis, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Breaded Fish Sticks
 OR Grab-N-Go
 Coleslaw, Pinto Beans
 Hush Puppies, Fruit
 Choice of Milk

31

BREAKFAST

Apple Frudel, Cereal & Graham Crackers, OR Strawberry Pop-Tart
 Choice of Fruit
 100% Orange Juice, Choice of Milk

LUNCH

Salisbury Steak
 OR Grab-N-Go
 Creamed Potatoes
 Steamed Broccoli W/ Cheese Sauce
 Fruit
 Choice of Milk



2023

HAPPY NEW YEAR!

We look forward to serving you again in this new year!

****DON'T FORGET****

You can view our menu on the Titan Family Portal
<https://family.titank12.com/>
OR
Rhea County's Website
<https://www.rheacounty.org/>