



SAIS, JAMES BURD, NANCY GRAYSON & LUHRS ELEMENTARY SCHOOLS				
Breakfast & Lunch Menu - January 2023 Menu				
Daily 1st Lunch Choice and Breakfast Choices				
2	3	4	5	6
 No School	<b>Mucho Nachos w/ Taco Meat, Cheese, Lettuce &amp; Tomatoes</b> <i>Cinnamon or Triple Berry French Toast</i>	<b>Popcorn Chicken and Mashed Potatoes w/Gravy &amp; Dinner Roll</b> <i>Strawberry or Blueberry NutriGrain Bar</i>	<b>Chicken Parm Sandwich</b> <i>Maple or Blueberry Waffles</i>	<b>Fried Chicken Leg w/Cornbread &amp; Rice</b> <i>Strawberry or Cinnamon Poptarts</i>
9	10	11	12	13
<b>Triple Dipper Chicken Nuggets, Pretzel Bites &amp; Tots</b> <i>Apple or Banana Muffin</i>	<b>Cheese Quesadilla w/Salsa</b> <i>Lemon or Apple Cherry Oatmeal Bar</i>	<b>French Toast Brunch w/Sausage Patty &amp; Hash Brown</b> <i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<b>Lasagna Roll w/ Texas Toast</b> <i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	 No School for Students
16	17	18	19	20
 <b>Martin Luther King Jr District Closed</b>	<b>Chicken Tacos w/Cheese, Lettuce &amp; Tomatoes</b> <i>Cinnamon or Triple Berry French Toast</i>	<b>Chicken Tenders, Smile Fries &amp; Dinner Roll</b> <i>Strawberry or Blueberry NutriGrain Bar</i>	<b>Cheesy Dunkers w/Marinara</b> <i>Maple or Blueberry Waffles</i>	<b>Fish Sticks w/Mac &amp; Cheese and Cornbread</b> <i>Strawberry or Cinnamon Poptarts</i>
23	24	25	26	27
<b>Pulled Pork Sandwich</b> <i>Apple or Banana Muffin</i>	<b>Walking Taco w/Cheese, Lettuce &amp; Tomatoes</b> <i>Lemon or Berry Oatmeal Bar</i>	<b>Sausage &amp; Egg Bagel Brunch w/Hash Brown</b> <i>Coco Puff or Cinnamon Toast Crunch Cereal Bars</i>	<b>Cheese Ravioli w/ Garlic Twist</b> <i>Mini Cinni or Mini Strawberry Cream Cheese Bagel</i>	<b>Toasted Cheese Sandwich</b> <i>Pancake Sausage Stick or Apple Strudel</i>
30	31	FEBRUARY 1	2	3
<b>Dutch Chicken, Gravy and Waffle w/Dinner Roll</b> <i>Chocolate or Blueberry Muffin</i>	<b>Chicken Quesadilla w/Salsa</b> <i>Cinnamon or Triple Berry French Toast</i>	<b>Chicken Nuggets, Mashed Potatoes w/Gravy &amp; Dinner Roll</b> <i>Strawberry or Blueberry NutriGrain Bar</i>	<b>Pasta &amp; Meatballs w/ Texas Toast</b> <i>Maple or Blueberry Waffles</i>	<b>Shepherd's Pie</b> <i>Strawberry or Cinnamon Poptarts</i>
Daily Alternative Lunch Choice				
<b>Cheeseburger</b>	<b>Chicken Patty Sandwich</b>	<b>Hot Dog</b>	<b>Ham &amp; Cheese Melt</b>	<b>Pizza</b>
<b>Pizza Fun Lunch</b>	<b>Turkey Ham &amp; Cheese Sandwich</b>	<b>Pretzel Fun Lunch</b>	<b>Muffin Fun Lunch</b>	<b>Strawberry Parfait</b>
DAILY LUNCH VEGETABLES & FRUIT				
<b>Carrots</b>	<b>Seasoned Corn</b>	<b>Baked Beans</b>	<b>Peas</b>	<b>Steamed Broccoli</b>
Assorted Fresh Vegetables				
Assorted Fresh & Chilled Fruits				
Assorted Fat Free & 1% Milk				
DAILY BREAKFAST				
Assorted Fresh Fruit, Fruit Juice, and Milk				

Due to continuing supply chain issues, ALL menu items as subject to change without notice.

Students may eat breakfast at no charge through June 2,, 2022

Visit [www.shipk12.nutrislice.com](http://www.shipk12.nutrislice.com) for calorie, nutrition and food allergy information

Food Service Office - 717.530.2722