

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jan

FEED YOUR CREATIVITY



Announcements:

Menu Subject to change Based upon availability

Owl Daily Choices

1. Hot Meal
2. Sandwich Pack
3. Baked Potato
4. Chef Salad

Milk choice Daily
 Fat Free Chocolate, 1%
 White Milk
 A fruit or vegetable
 Must be selected for a complete Meal.

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NO SCHOOL

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Chili Dog / Shredded Cheese
 Baked Beans
 Baked Tots
 Cucumber Slices / Ranch

Spaghetti/ Meat Sauce
 Green Beans
 Bread Stick
 Romaine & Spinach Salad/
 Dressing

Beef Enchiladas
 Spanish Rice
 Pinto Beans
 Romaine Spinach Salad /
 Dressing

Vegetable Soup
 Grilled Cheese
 Corn Chips
 Baby Carrots / Dressing

Pepperoni Pizza
 Peas & Carrots
 Spinach Salad / Dressing
 Oatmeal Cookie

Cheeseburger
 Baked Beans
 Seasoned Fries
 Romaine Diced Tomato
 Cake

Chicken Over Rice
 Green Beans
 Hot Roll
 Baby Carrots / Ranch
 Dressing

Beef Tacos
 Pinto Beans
 Spanish Rice
 Romaine & Diced Tomato
 Cookie

Macaroni w Meat
 Seasoned Corn
 Corn Bread
 Romaine & Spinach Salad/
 Dressing

Chicken Nuggets
 Mashed Potato / Gravy
 Steam Carrots
 Hot Roll

Chicken Alfredo
 Green Beans
 Bread Stick
 Romaine & Spinach Salad/
 Dressing
 Cobbler

Nacho Supreme
 Spanish Macaroni
 Pinto Beans
 Romaine & Diced Tomato

Vegetable Soup
 Grilled Cheese
 Corn Chips
 Baby Carrots / Dressing
 Cookie

Burrito / Chili/ Cheese
 Seasoned Corn
 Baked Tots
 Cucumber Slices / Dressing

Chicken Patty Burger
 Baked Beans
 Seasoned Fries
 Romaine Diced Tomato
 Cake



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
 Nutrition Assistance Programs



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www.SquareMeals.org