

JANUARY 2023

HIGH SCHOOL MENU

This institution is an equal opportunity provider. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WORD of the MONTH SELF-DISCIPLINE Demonstrating hard work. Controlling your emotions, works, actions, impulses, & desires.</p>	<p>3 BBQ Rib Sandwich Sweet Potato Wedges Baked Beans Fruit Cup Fruit Juice Choice of Milk</p>	<p>4 Salisbury Steak Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>5 Chicken Tenders Mashed Potatoes Kraut & Wieners Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>6 Chicken Tender Wrap Cucumber Pick-Ups Salsa Fruit Cup Fruit Juice Choice of Milk</p>
<p>9 Taco Refried Beans Salsa Fruit Cup Fruit Juice Choice of Milk</p>	<p>10 Chicken Tenders Mashed Potatoes Sweet Potato Casserole Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>11 Teriyaki Beef Dippers Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>12 Chicken Tenders Baked Potato Steamed Broccoli Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>13 Pulled BBQ Sandwich Sweet Potato Wedges Baked Beans Cole Slaw Fruit Cup Fruit Juice Choice of Milk</p>
 <p>16 I HAVE A DREAM MARTIN LUTHER KING, JR. DAY NO SCHOOL TODAY</p>	<p>17 Crisptos Refried Beans Salsa Fruit Cup Fruit Juice Choice of Milk</p>	<p>18 Fish Nuggets Mashed Potatoes White Beans Cornbread Fruit Cup Fruit Juice Choice of Milk</p>	<p>19 Chicken Tenders Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>20 Chicken Tender Wrap Cucumber Pick-Ups Salsa Fruit Cup Fruit Juice Choice of Milk</p>
<p>23 Chicken Fajita Mexicali Corn Salsa Fruit Cup Fruit Juice Choice of Milk</p>	<p>24 Chicken Tenders Mashed Potatoes Steamed Carrots Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>25 Salisbury Steak Mashed Potatoes Green Beans Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>26 Chicken Smackers Mashed Potatoes Turnip Greens Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	<p>27 Nashville Hot Chicken Sandwich Sweet Potato Wedges Celery Pick-Up Baked Beans Fruit Cup Fruit Juice Choice of Milk</p>
<p>30 Taco Refried Beans Salsa Fruit Cup Fruit Juice Choice of Milk</p>	<p>31 Chicken Tenders Mashed Potatoes Sweet Potato Casserole Hot Roll Fruit Cup Fruit Juice Choice of Milk</p>	 <p>HAPPY NEW YEAR! We look forward to serving you again in this new year!</p>		<p>*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/</p>