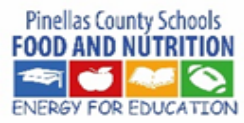


January

HS to K-12 Satellite Lunch


MY SCHOOL BUCKS
 PAY FOR MEALS ONLINE
 MySchoolBucks.com



Fun Fact!

January is National Oatmeal Month!



- Oatmeal dates back to 7000BC!
- 75% of all Americans eat oatmeal!
- Oatmeal helps prevent heart disease!



Monday	Tuesday	Wednesday	Thursday	Friday
2 <div style="border: 1px dashed blue; padding: 5px;"> School Resumes Monday January 9, 2023 </div>	<h1>Winter Holidays</h1>			6 
9 Hamburger on a Bun <u>or</u> Cheeseburger on a Bun Corn Niblets Fresh Veggie Dippers Cupped Fruit Milk Choice	10 Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Refried Fiesta Beans Romaine Side Salad Fresh Fruit Milk Choice	11 BBQ Pork Sandwich Crinkle Crispy Fries Sliced Cucumber Dippers 100% Fruit Juice Milk Choice	12 Breaded Chicken Sandwich Sweet Potato Fries Fresh Veggie Dippers Fresh Fruit Milk Choice	13 Cheezy Bread Broccoli Florets Marinara Sauce Cup Romaine Side Salad Cupped Fruit Milk Choice
16 No School for Students! <div style="border: 1px dashed blue; padding: 5px; text-align: center;">  <i>I Have A Dream</i> Martin Luther King, Jr. Day </div>	17 BBQ Pork & Cheese Nachos Broccoli Florets Romaine Side Salad Fresh Fruit Milk Choice	18 Pasta w/ Meat Sauce <u>or</u> Cheese Lasagna Roll-up Green Beans Sliced Cucumbers 100% Fruit Juice Milk Choice	19 Mini Cheese Calzones Corn Niblets Marinara Sauce Cup Fresh Veggie Dippers Fresh Fruit Milk Choice	20 Corn Dog <u>or</u> Hot Dog on a Bun Country Baked Beans Romaine Side Salad Cupped Fruit Milk Choice
23 Chicken & Waffles Corn Niblets Fresh Veggie Dippers Cupped Fruit Milk Choice	24 Beef <u>or</u> Pork Tacos w/ Tortillas <u>or</u> Chips Refried Fiesta Beans Romaine Side Salad Fresh Fruit Milk Choice	25 BBQ Pork Sandwich Crinkle Crispy Fries Sliced Cucumber Dippers 100% Fruit Juice Milk Choice	26 Breaded Chicken Sandwich Sweet Potato Fries Fresh Veggie Dippers Fresh Fruit Milk Choice	27 Cheezy Bread Broccoli Florets Marinara Sauce Cup Romaine Side Salad Cupped Fruit Milk Choice
30 Coming Soon Exciting New Menu Items	31 	 Cauliflower Can Grow up to 30" Tall and 30" Round	<p style="text-align: center;">Please Note:</p> <p>The nationwide labor, driver, and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutions are necessary.</p> <p style="text-align: center;">We apologize for any inconveniences.</p>	

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