

# 21st Century HS - South Building

## Lunch Menu

January  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Winter Break</p>	<p><b>3</b></p> <p>Winter Break</p>	<p><b>4</b></p> <p>Winter Break</p>	<p><b>5</b></p> <p>Winter Break</p>	<p><b>6</b></p> <p>Winter Break</p>
<p><b>9</b></p> <p>Crispy Chicken Sandwich</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Roasted Broccoli Baby Carrots</p> <p>Diced Peaches Banana 10% MILK</p>	<p><b>10</b></p> <p>Meatloaf Whole Grain Dinner Roll</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana</p>	<p><b>11</b></p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Baked Beans Baby Carrots</p> <p>Pineapple Tidbits Banana</p>	<p><b>12</b></p> <p>Grilled Ham &amp; Cheese Sandwich</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Tater Tots Baby Carrots</p> <p>Applesauce Banana</p>	<p><b>13</b></p> <p>Choice of Pizza</p> <p>Chef Salad Rip Stick Breadstick</p> <p>California Blend Vegetable Baby Carrots</p> <p>Diced Pears Banana 10% MILK</p>
<p><b>16</b></p> <p>No School</p>	<p><b>17</b></p> <p>Pasta with Meat Sauce</p> <p>Cravin Craisin Salad Whole Grain Dinner Roll</p> <p>Steamed Green Beans Cucumber Slices</p> <p>Mixed Canned Fruit Fresh Pear 10% MILK</p>	<p><b>18</b></p> <p>Choice of Tacos</p> <p>Cravin Craisin Salad Whole Grain Dinner Roll</p> <p>Roasted Broccoli Salsa Cucumber Slices Pineapple Tidbits Fresh Pear 10% MILK</p>	<p><b>19</b></p> <p>Beef Chili Cornbread Bowl</p> <p>Cravin Craisin Salad Whole Grain Dinner Roll</p> <p>Potato Wedges Cucumber Slices</p> <p>Applesauce Fresh Pear</p>	<p><b>20</b></p> <p>Chicken Potstickers Chicken Fried Rice</p> <p>Cravin Craisin Salad Whole Grain Dinner Roll</p> <p>Steamed Carrots Cucumber Slices</p> <p>Diced Pears Fresh Pear</p>
<p><b>23</b></p> <p>Shrimp Poppers Macaroni &amp; Cheese</p> <p>Southwest Chicken Salad Tortilla Chips</p> <p>Coleslaw Cherry Tomato</p> <p>Diced Peaches Fresh Apple</p>	<p><b>24</b></p> <p>Beef Hot Dog on a Bun</p> <p>Southwest Chicken Salad Tortilla Chips</p> <p>Baked Beans Cherry Tomato</p> <p>Mixed Canned Fruit Fresh Apple 10% MILK</p>	<p><b>25</b></p> <p>Orange Chicken Brown Rice</p> <p>Southwest Chicken Salad Tortilla Chips</p> <p>Steamed Carrots Cherry Tomato</p> <p>Pineapple Tidbits Fresh Apple</p>	<p><b>26</b></p> <p>Pancakes Easy Egg Bake</p> <p>Southwest Chicken Salad Tortilla Chips</p> <p>Potato Wedges Cherry Tomato</p> <p>Applesauce Fresh Apple</p>	<p><b>27</b></p> <p>Choice of Bake Garlic Toast</p> <p>Southwest Chicken Salad Tortilla Chips</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Diced Pears Fresh Apple</p>
<p><b>30</b></p> <p>Cheeseburger on a Bun</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Parsley Potato Baby Carrots</p> <p>Diced Peaches Banana 10% MILK</p>	<p><b>31</b></p> <p>Chicken Alfredo w/Pasta Rip Stick Breadstick</p> <p>Chef Salad Rip Stick Breadstick</p> <p>Roasted Broccoli Baby Carrots</p> <p>Mixed Canned Fruit Banana</p>			

PRICES

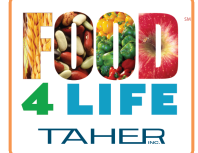
EXTRA INFO

HARVEST OF



THE MONTH

Menus and nutrition  
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