



21st Century Elementary

January
2023

K-8 Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5 Cheeseburger on a Bun Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes 1% Milk	6 French Toast Sticks Sausage Patty Steamed Carrots Cherry Tomato Diced Pears Fresh Grapes 1% Milk
9 Crispy Chicken Sandwich Roasted Broccoli Baby Carrots Diced Peaches Banana 1% Milk	10 Meatloaf Whole Grain Dinner Roll Mashed Potatoes Gravy Baby Carrots Mixed Canned Fruit Banana 1% Milk	11 Crispy Chicken Nuggets Whole Grain Dinner Roll Baked Beans Baby Carrots Pineapple Tidbits Banana 1% Milk	12 Grilled Ham & Cheese Sandwich Tater Tots Baby Carrots Applesauce Banana 1% Milk	13 Choice of Pizza California Blend Vegetable Baby Carrots Diced Pears Banana 1% Milk
16 No School	17 Pasta with Meat Sauce Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear 1% Milk	18 Choice of Tacos Roasted Broccoli Salsa Pineapple Tidbits Fresh Pear 1% Milk	19 Beef Chili Cornbread Bowl Potato Wedges Cucumber Slices Applesauce Fresh Pear 1% Milk	20 Chicken Potstickers Chicken Fried Rice Steamed Carrots Cucumber Slices Diced Pears Fresh Pear 1% Milk
23 Shrimp Poppers Macaroni & Cheese Coleslaw Cherry Tomato Diced Peaches Fresh Apple 1% Milk	24 Beef Hotdog on a Bun Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple 1% Milk	25 Orange Chicken Brown Rice Steamed Carrots Cherry Tomato Pineapple Tidbits Fresh Apple 1% Milk	26 Pancakes Easy Egg Bake Potato Wedges Cherry Tomato Applesauce Fresh Apple 1% Milk	27 Choice of Bake Garlic Toast Roasted Broccoli Cherry Tomato Diced Pears Fresh Apple 1% Milk
30 Cheeseburger on a Bun Parsley Potato Baby Carrots Diced Peaches Banana 1% Milk	31 Chicken Alfredo w/Pasta Rip Stick Breadstick Roasted Broccoli Baby Carrots Mixed Canned Fruit Banana 1% Milk			

PRICES

EXTRA INFO

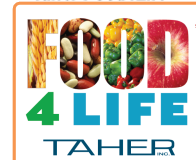
A variety of fresh fruits & canned fruits available daily.
Milk (1% and Fat Free White, Fat -free Chocolate) available daily.

HARVEST OF



THE MONTH

Your MENUS plus more information on our app
TaHER Food4Life®



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Menus are subject to change without notice. This institution is an equal opportunity provider.