



21st Century Middle School

January
2023

Lunch Menu



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

PRICES

EXTRA INFO

Milk (1% White and Fat Free Chocolate)
available daily

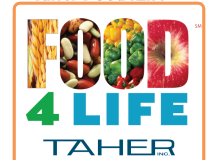
Assorted fresh and canned fruits available daily

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
TaHER Food4Life®



www.taHER.com

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