

# JANUARY 2022

## James W. Parker Middle School

Lunch: FREE for ALL Students

Adult Meal: \$4.00

Milk: \$0.60

Students may choose a Pre-Made Salad, PB&J Sandwich, Bento Box or Pizza (MWF) in place of the main entrée

### Monday

Goulash  
Mixed Vegetables  
Applesauce

3

### Tuesday

Chicken Tenders  
Mini Corn Bread Muffin  
Spiral Fries  
Cooked Carrots  
Fruit Cup

4

### Wednesday

Beef Gravy over Noodles  
WG Biscuit  
Chef's Choice Veggies  
Applesauce

5

### Thursday

Mac & Cheese  
Dinner Roll  
Winter Blend Veggies  
Mandarin Oranges

6

### Friday

Chicken Quesadilla  
Corn  
Seasonal Fruit Cup  
Fruit Churros

7

Spaghetti & Meat sauce  
w/ Breadsticks  
Mixed Vegetables  
Pears

10

General Tso's Chicken  
Rice  
Spinach Salad  
Cooked Broccoli  
Side Kicks Fruit Cup

11

Hot Dog on Bun  
Toppings  
Baked Bean  
Pineapple Cup

12

Cheeseburger on Bun  
Toppings  
Chef's Choice Veggie  
Garlic Fries  
Peaches

13

Chicken Patty Sandwich  
(Regular or Spicy)  
Mixed Vegetables  
Sliced Apples w/Caramel

14

**NO SCHOOL**

17

Italian Dunkers  
Dipping Sauce  
Glazed Carrots  
Side Kicks Fruit Cup

18

Chicken Fajita Wrap  
Seasoned Corn  
Apple Sauce  
Fruit Churros

19

Grilled Cheese  
Tomato Soup  
Green Beans  
Peaches

20

Choice of Pizza  
California Blend Veggies  
Fruit Salad

21

Chicken Pot Pie  
Mashed Potatoes  
WG Biscuit  
Apple Slices

24

Loaded Fries  
Corn  
Dinner Roll  
Spinach Side Salad  
Mandarin Oranges

25

Ham & Cheese Sandwich  
California Blend Veggies  
Potato Wedges  
Apple Slices w/ Caramel

26

Hearty Chicken  
Noodle Soup  
Soft Pretzel  
Peas  
Peaches

27

Corn Dog w/ WG Dinner Roll  
Side Salad  
Seasoned Broccoli  
Pears

28

Chicken Fritter on  
Whole Wheat Bun  
Green Beans  
Pears

31

#### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch.

Choice of Meat or Meat Alternate

Choice of Vegetable\*, Choice of Fruit\*

Choice of Grain/Bread, and Choice of Milk

**Menu Subject to change based on  
Item availability. Due to nationwide food  
Shortages, many items may be unavailable with  
Little to no notice.**