

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.