

JANUARY 2023

McKean and Edinboro Elementary



Lunch \$3.00
 Reduce \$0.40
 Adult \$4.25



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

**Holiday
Break**

2

TUESDAY

Walking Taco
 Corn
 Sliced Apples
 Fruit Juice & Milk

3

WEDNESDAY

Chicken Nuggets
 Mixed Veggies
 Dinner Roll
 Side Kicks Fruit Cups
 Milk

4

THURSDAY

Soft Pretzel w/Cheese
 Chicken Noddle Soup
 Cooked Carrots
 Fruit Juice & Milk

5

FRIDAY

Pizza
 Green Beans
 Apple Sauce
 Milk

6

Grilled Cheese
 Tomato Soup
 Tater Tots
 Milk

9

Chicken Patty Sandwich
 Fries
 Peaches
 Fruit Juice & Milk

10

Ham & Cheese on
 Pretzel Roll
 Buttered Peas
 Mandarin Oranges
 Milk

11

Popcorn Chicken Bowl
 W/Mashed Potatoes
 Corn
 Dinner Roll
 Fruit Juice & Milk

12

Italian Dunkers
 w/Dipping Sauce
 Side Salad
 Mixed Fruit
 Milk

13

No School

16

Cheese Calzones
 Cauliflower
 Pears
 Cookie
 Fruit Juice & Milk

17

Pancake & Sausage
 Tater Tots
 Side Salad
 Side Kicks Fruit Cup
 Milk

18

Pizza
 Green Beans
 Tossed Salad
 Pineapple
 Fruit Juice & Milk

19

No School

20

Mini Corn Dogs
 Seasoned Carrots
 French Fries
 Mixed Fruit
 Milk

23

Chicken Taco Salad
 Goldfish Crackers
 Corn
 Fruit Juice & Milk

24

Pizza
 California Blend
 Milk
 Side Kicks Fruit Cups

25

Mac & Cheese
 Dinner Roll
 Side Salad
 Pears
 Fruit Juice & Milk

26

Breakfast Sandwiches
 Smile Fries
 Apple Slices
 Milk

27

Hot Dog
 Baked Beans
 Pineapple Tidbits
 Milk

30

Cheeseburger
 Crinkle Cut Fries
 Peaches
 Fruit Juice & Milk

31

