

# JANUARY 2023

## General McLane High School

### LUNCH



Lunch \$3.60  
Reduced \$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

**No School**

2

### TUESDAY

Loaded Fries  
Soft Pretzel  
Cauliflower  
Pears

3

### WEDNESDAY

BBQ Pulled Pork  
Sandwich  
Vegetable Fried Rice  
Peas  
Tropical Fruit Salads

4

### THURSDAY

Ham & Cheese  
Sandwich  
California Blend Veggies  
Fries  
Peaches

5

### FRIDAY

Nachos Supreme  
Fiesta Corn  
Churro

6

BBQ Chicken Wrap  
Seasoned Vegetables  
Pears

9

Goulash  
Breadstick  
Green Beans  
Peaches

10

Chicken Pot Pie  
Mashed Potatoes  
Peas  
Fruit Cup

11

Walking Tacos  
Cooked Carrots  
Applesauce  
Fruit Churro

12

Cheese Calzone  
Seasoned Vegetables  
Mandarin Oranges  
Sidekicks  
Cookie

13

**No School**

16

Spaghetti W/ Meat Sauce  
Garlic Breadstick  
Seasoned Green Beans  
Assorted Fruit

17

Maple French Toast  
W/ Sausage  
Tater Tots  
Fresh Melon Salad

18

Chicken Stripes w/ Sauces  
Fries  
Mixed Vegetables  
Peaches

19

**No School**

20

Asian Chicken  
Steamed Rice  
Winter Vegetable Blend  
Tropical Fruit Salad

23

Grilled Cheese Sandwich  
Tomato Soup  
California Vegetable Blend  
Mandarin Oranges

24

Chicken Soft Taco  
w/ Soft Pretzel  
Corn  
Baked Apples w/ Cinnamon

25

Sliced Turkey w/ Gravy  
Mashed Potato  
Fresh Vegetables & Dinner Roll  
Pineapple Tidbits  
Churro

26

Lasagna  
Breadstick  
Green Beans  
Applesauce  
Cookie

27

Popcorn Chicken Bowl  
Dinner Roll  
Mashed Potatoes  
Corn  
Pineapple

30

Loaded Fries  
Soft Pretzel  
Cauliflower  
Pears

31

