

# JANUARY 2023

## James W Parker Middle School

### LUNCH



Lunch \$3.50  
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

Chicken Tenders  
Mini Corn Bread  
Spiral Fries  
Cooked Carrots  
Fruit Cup

3

#### WEDNESDAY

Hot Dog w/Toppings  
Baked Beans  
Fruit Cup

4

#### THURSDAY

Mac & Cheese  
Dinner Roll  
Winter Blend Veggies  
Mandarin Oranges

5

#### FRIDAY

Chicken Quesadilla  
Seasoned Corn  
Fruit Cup  
Fruit Churro

6

Spaghetti & Meatballs  
Breadstick  
Mixed Vegetables  
Pears

9

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

10

Breaded Drumsticks  
Fries  
Biscuit  
Pineapple Cup  
Seasoned Vegetable

11

Cheeseburger  
Chef's Choice Veggie  
Fries  
Peaches

12

Chicken Patty Sandwich  
Mixed Vegetables  
Sliced Apples w/ Caramel

13

**No  
School**

16

Italian Dunkers  
Dipping Sauce  
Side Kicks Fruit Cups  
Glazed carrots

17

Chicken Fajita Wrap  
Seasoned Corn  
Applesauce  
Fruit Churro

18

Grilled Cheese  
Tomato Soup  
Green Beans  
Peaches

19

**No  
School**

20

Pizza  
Seasoned Veggies  
Fruit cup

23

Loaded Fries  
Corn  
Soft Pretzel  
Spinach Side Salad  
Mandarin Oranges

24

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

25

Chicken Noodle Soup  
Breadstick  
Peas  
Peaches

26

Corn dog w/ Dinner Roll  
Side Salad  
Broccoli  
Pears

27

Chicken Fritter Sandwich  
Green Beans  
Pears

30

Meatball Sub  
Corn  
Fruit Cup

