

JANUARY 2024

General McLane High School

LUNCH



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**No
School**

1

Cheese Calzone
Cooked Cauliflower
Pears

2

Pancakes & Sausage
Tater Tots
Side Kicks Fruit Cup

3

Pizza Burger
Green Beans
Side Salad
Pineapple

4

Chicken Sandwich
Buttered Peas
Apple Slices

5

Chicken Fajitas
Seasoned Corn
Fruit

8

Spaghetti With Meat
Sauce
Breadstick
Green Beans
Assorted Fruit

9

Maple French Toast
W/ Sausage
Tater Tots
Fresh Fruit Salad

10

Loaded Fries
Mixed Vegetables
Peaches

11

Cheeseburger
Fries
Peaches

12

**No
School**

15

Chicken Parmesan
Sandwich
Green Beans
Breadstick

16

Mac & Cheese
Cauliflower
Milk

17

Chicken Tenders
W/dipping sauce
Cooked Carrots
Fruit

18

Italian Dunkers
w/ Marinara Sauce
Seasoned Vegetables
Pineapple

19

**No
School**

22

Walking Taco
Corn
Sliced Apple

23

General Tso
Broccoli
Rice
Fruit

24

Chicken and Biscuits
Cooked Carrots
Pears

25

Pizza Burger
Green Beans
Apple Sauce

26

Hot Dog
Baked Beans
Pineapple

29

Chicken Sandwich
Broccoli
Fries
Peaches

30

Ham & Cheese
Sandwich
Buttered Peas
Mandarin Oranges

31

