

## High School

January 2, 2023	January 3, 2023	January 4, 2023	January 5, 2023	January 6, 2023	Panther Notes
Assorted Breakfast Breads	Waffles	Sausage & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	Lunch Prices
No School	No School	Mini Corn Dogs	Macaroni & Cheese	Chicken Tender Sandwich	Elementary & Primary \$3.00
					High School & Middle \$3.25
		Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Adult \$4.50
		Waffle Fries w/cheese	Seasoned Peas	lettuce/onion/pickles/tomatoes	Milk \$.50
		Choice of Fruit	Cornbread	Seasoned Green Beans	**Additional Main Dishes Offered**
			Choice of Fruit	Choice of Fruit	Pizza, Hamburger, Cheese Burger, Mini Corn Dogs
				Chocolate Chip Cookie	Chicken Patty Sandwich, Chicken Fingers, Boscós
					Chicken Patty Sandwich
January 9, 2023	January 10, 2023	January 11, 2023	January 12, 2023	January 13, 2023	Panther Sandwiches
Mini-Cinnis Rolls	Pancakes	Turkey Ham & Cheese Croissant	Assorted Muffins, Cheese Stick	Breakfast Quesadilla	Subs and Wraps
Panther Burger	Taco Tuesday	Cuban Sandwich	Popcorn Chicken Bowl	Pizza Calzones	Specialty Salads
Bacon, Hashbrown, Cheese	Soft Taco	Ham, Swiss Cheese, Pickles		w/marinara sauce	Pasta Salad
Lettuce, Tomato, Pickles	w/lettuce, cheese	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	
Choice of Additional Main Dish	Choice of Additional Main Dish	Seasoned Green Beans	Mashed Potatoes - Corn	Romaine Salad	
Curly Fries	Refried Beans	lettuce/onion/pickles/tomatoes	Choice of Fruit	Choice of Fruit	Short Cut Carrots
Choice of Fruit	Choice of Fruit	Choice of Fruit	Dinner Roll	Chocolate Cookie	Fruit Salads
		pudding w/ topping			Assortment of Fresh Fruit,
					Fruit and Fruit Cups
					Yogurt Offered everyday.
January 16, 2023	January 17, 2023	January 18, 2023	January 19, 2023	January 20, 2023	
Assorted Breakfast Breads	Waffles	Bacon, Egg & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	
No School	French Toast Sticks w/syrup	Buffalo Chicken Sub Sandwich	Chicken Alfredo	Shredded BBQ Chicken Sandwich	Condiments available in packets
		Lettuce, Cheese, Ranch Dressing			
	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Breakfast is Served Everyday with
	Sausage Patties	Calico Beans	Romaine Salad w/dressing	Cole Slaw	Choice of Fruit
	Potatoes Starz	Choice of Fruit	Choice of Fruit	French Fries	Juice
	Orange Juice		Breadstick	Choice of Fruit	Milk
			Brownie w/icing	Baked Potato Chip	
					Cereal Bowl and Bug bites
					Offered Daily as an alternate
January 23, 2023	January 24, 2023	January 25, 2023	January 26, 2023	January 27, 2023	
Mini-Cinnis Rolls	Pancakes	Egg & Cheese Sandwich	Assorted Muffins, Cheese Stick	Breakfast Quesadilla	*Cherrio's, *Honey Nut, Trix
Boneless Wings	Burrito Bowl	Beef Teriyaki Dippers	Oven Baked Chicken	Meatballs Sub Sandwich	*Fruity Cheerios, Cinn. Toast Crunch
Butter Garlic, BBQ, Hot	Chicken, lettuce,salsa,cheese	Rice with Teriyaki Sauce		w/cheese	Cocoa Puffs, *Lucky Charms,
Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Choice of Additional Main Dish	Mini Wheats Chocolate & Frosted
Seasoned Green Beans	Sour cream , Jalapenos,	Broccoli	French Fries	Romaine Salad w/dressing	* Gluten Free
Choice of Fruit	Black beans, Corn	Choice of Fruit	Hot Rice	Choice of Fruit	
Breadstick	Choice of Fruit	Dinner Roll	Choice of Fruit		Fat Free Chocolate,
	Snickerdoodle Cookie		Sliced Bread		1% white milk, skim milk offered every day.
January 30, 2023	January 31, 2023	February 1, 2023	February 2, 2023	February 3, 2023	All lunches must include a fruit or vegetable serving.
Assorted Breakfast Breads	Waffles	Sausage & Cheese Sandwich	Breakfast Donuts	Poptart & Yogurt	Students must have a minimum of three components
Cheese Quesadilla	French Dip Sandwich	Italian Sub Sandwich	Penne Pasta w/meat sauce	Cheesy Bread	Substitution of items may be necessary
Salsa	w/cheese & au jus	jalapenos/banana peppers/pickles		w/marinara Sauce	due to deliveries.
Choice of Additional Main Dish	Waffle Fries	lettuce/cheese/onion/tomatoes	Choice of Additional Main Dish	Choice of Additional Main Dish	Important Menu Update
Fiesta Beans	Choice of Fruit	Choice of Additional Main Dish	Romaine Salad	Seasoned Green Beans	Last minute menu changes are occurring
Choice of Fruit	Cookie	Starz Fries	Choice of Fruit	Choice of Fruit	frequently and are out of our control due to
		Choice of Fruit	Garlic Bread		are out of our control due to the nationwide
		Baked Chips			food supply chain issues.
					Menus may not reflect these changes.
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