



JANUARY | 2023

+ ST. HENRY CATHOLIC SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO SCHOOL	3 NO SCHOOL	4 Spaghetti with Meatballs OR Chicken Alfredo Garlic Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	5 Confetti Pancakes Sausage Patties Syrup Cup Smile Fries Veggie Boats with Dip Baked Apples Fresh Fruit Milk	6 Grilled Cheese OR Cheesy Flatbread Tomato Soup Garden Salads Oyster Crackers Applesauce Fresh Fruit Milk
9 Chicken Patty Sandwich OR Fish Sandwich Mac and Cheese Baked Beans Carrots and Celery with Dip Peach Cups Frozen Sidekicks Milk	10 Beef Nachos OR Turkey Soft Tacos Shredded Cheese, Sour Cream Salsa Cups Black Beans, Corn Pear Cups Fresh Fruit Milk	11 Chicken Drumstick with Roll OR Turkey/Ham and Cheese Sub Mashed Potatoes and Gravy Green Beans Strawberry or Mixed Berry Cups Fresh Fruit Milk	12 Hot Dog OR Cheese Coney Diced Onions, Shredded Cheese Crinkle Cut Fries Veggie Boats Mandarin Oranges Fresh Fruit Milk	13 Cheese Bites OR Pizza Crunchers Marinara Sauce Steamed Broccoli Garden Salads Applesauce Fresh Fruit Milk
16 NO SCHOOL	17 Chicken Nuggets Mac and Cheese Corn Baked Beans Mini Biscuit Pear Cups Fresh Fruit Milk	18 Rotini with Meat Sauce and Garlic Breadstick OR Mini Cheese Calzones with Marinara Sauce Glazed Carrots, Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	19 Tangerine Chicken OR Teriyaki Beef Brown Rice, Steamed Broccoli Carrots with Dip Mandarin Oranges Fresh Fruit Fortune Cookies Milk	20 Mini Cinnamon Rolls OR Mini Cream Cheese Bagels Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Fruit Milk
23 Mini Corn Dogs Mac and Cheese Green Beans Celery with Dip Peach Cups Frozen Sidekicks Milk	24 Hamburger OR Cheeseburger Crinkle Cut Fries Baked Beans Pear Cups Fresh Fruit Milk	25 3 or 4 Way Chili Spaghetti Diced Onions, Shredded Cheese Oyster Crackers Kidney Beans Glazed Carrots Strawberry or Mixed Berry Cups Fresh Grapes Milk	26 Cheese Pizza OR Pepperoni Pizza Steamed Broccoli Garden Salads Mandarin Oranges Fresh Fruit Milk	27 Mini French Toast OR Mini Waffles Syrup Cup, Scrambled Eggs Smile Fries Veggie Boats with Dip Baked Apples Fresh Fruit Milk
30 Fiestada Pizza OR Chicken/Cheese Quesadilla Salsa Cup Refried Beans Corn Peach Cups Frozen Sidekicks Milk	31 Chicken Tenders OR Fish Sticks Tater Tots Green Beans Mini Biscuit Pear Cups Fresh Fruit Milk	1 Spaghetti with Meatballs OR Chicken Alfredo Garlic Breadstick Glazed Carrots Garden Salads Pineapple Tidbits Dried Cranberries or Cherries Milk	2 Confetti Pancakes Sausage Patties Syrup Cup Smile Fries Veggie Boats with Dip Baked Apples Fresh Fruit Milk	3 Grilled Cheese OR Cheesy Flatbread Tomato Soup Garden Salads Oyster Crackers Applesauce Fresh Fruit Milk

Alternate Meal Options*

Milk and choices of daily fruits and/or vegetables offered with all alternate meal options.

PB&J Grab & Go

PB&J Uncrustables, cheese stick, Goldfish crackers

Yogurt Grab & Go

Yoplait yogurt cup, cheese stick, Goldfish crackers, pretzels

Extras NOT included in the lunch:

Milk: 50¢

Small juice: 50¢

Switch can: 85¢

Water: \$1.30

Bagged snacks: 80¢

Rice Krispie Treat: 80¢

Muffins: \$1.00

Meat option not offered on Fridays

Menu subject to change by product availability