

JANUARY 2018

Towns County Middle-High

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



HAPPY NEW YEAR

2

TEACHER WORKDAY

3

Taco
Chicken Fajita
Refried Beans
Mexicali Corn
Salsa
Assorted Fruit

Bkfst: Bacon Biscuit, Pastry or Cereal

4

NATIONAL SPAGHETTI DAY
Spaghetti with Meatsauce
Breadstick
Chicken Sandwich
Green Beans
Roasted Potatoes
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

5

Pizza
Grilled Cheese Sandwich
Corn on Cob
Roasted Broccoli
Pudding
Assorted Fruit

Bkfst: Gravy Biscuit, Pastry or Cereal

8

Steak and Gravy
Mini Corndogs
Mashed Potatoes
Green Beans
Dinner Roll
Assorted Fruit

Bkfst: Chicken Biscuit, Pastry or Cereal

9

BBQ Pork Sandwich
Chicken Sandwich
Potato Wedges
Fresh Roasted Carrots
Coleslaw
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

10

Jambalaya with Rice
Hamburger
Oven Fries
Baked Beans
Roasted Broccoli
Assorted Fruit

Bkfst: Bacon Biscuit, Pastry or Cereal

11

Chicken Nuggets
Meatball Sub
Mac-n-Cheese
Green Peas
Dinner Roll
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

12

Pizza
Spicy Chicken Sandwich
Baked Chips
Baked Beans
Whole Kernel Corn
Assorted Fruit

Bkfst: Gravy Biscuit, Pastry or Cereal

15

I Have A Dream



Martin Luther King, Jr. Day

16

Chicken Alfredo
Gumbo with Rice
Green Beans
Fresh Glazed Carrots
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

17

General Tso Chicken with Rice
BBQ Carnita Sandwich
Roasted Sweet Potatoes
Broccoli w/ Cheese
Assorted Fruit

Bkfst: Bacon Biscuit, Pastry or Cereal

18

Ribeque
Mac-N-Cheese
Pinto Beans
Turnip Greens
Cornbread
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

19

Pizza
Chicken Sandwich
Corn on Cob
Green Peas
Frozen Juice Cup
Assorted Fruit

Bkfst: Gravy Biscuit, Pastry or Cereal

22

Chicken Tenders
BBQ Sandwich
Mashed Potatoes
Green Beans
Dinner Roll
Assorted Fruit

Bkfst: Chicken Biscuit, Pastry or Cereal

23

Lasagna w/ Garlic Bread
Pulled Pork with Gravy
Green Peas
Roasted Potatoes
Salad Bar
Assorted Fruit

Bkfst: Sausage biscuit, Pastry or Cereal

24

Hot Dogs
Hamburgers
Oven Fries
Baked Beans
Coleslaw
Assorted Fruit

Bkfst: Bacon Biscuit, Pastry or Cereal

25

Orange Chicken with Rice
Jambalaya with Rice
Black-eyed Peas
Broccoli with Cheese
Fresh Roasted Carrots
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

26

Pizza
Spicy Chicken Sandwich
Baked Chips
Corn
Baked Beans
Assorted Fruit

Bkfst: Gravy Biscuit, Pastry or Cereal

29

Taco
Cheese Quesadilla
Refried Beans
Mexicali Corn
Salsa / Sour Cream
Assorted Fruit

Bkfst: Chicken Biscuit, Pastry or Cereal

30

Steak and Gravy
Mini Corndogs
Mashed Potatoes
Green Beans
Dinner Roll
Assorted Fruit

Bkfst: Sausage Biscuit, Pastry or Cereal

31

Popcorn Chicken
BBQ Carnita Sandwich
Green Peas
Fresh Roasted Carrots
Coleslaw
Dinner Roll
Assorted Fruit

Bkfst: Bacon Biscuit, Pastry or Cereal

DID YOU KNOW...
JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.

AVAILABLE DAILY
 Fresh Salad Bar, Soup / Fresh Fruit / Deli Sandwich / Choice of Low-fat or Chocolate & Strawberry Milk.
 Various A La Carte items available for purchase.
 Condiments and Dressings available on Serving Line.

BREAKFAST INCLUDES:
 100% Fruit Juice, Assorted Fresh Fruit, Choice of Low Fat or Chocolate & strawberry Milk, Yogurt Smoothie

Full Price Breakfast: \$1.00
 Reduced Breakfast: \$.30
 School Staff Breakfast: \$1.60
 Visitor Breakfast: \$2.00

Full Price Lunch: \$2.10
 Reduced Lunch: \$.40
 School Staff Lunch: \$3.45
 Visitor Lunch: \$4.00

LOCAL FOODS THIS MONTH:
 Apples, Cabbage, Cucumbers, Sweet Potatoes, Tomatoes, Squash, Green Bell Peppers, Chicken Patty, Popcorn Chicken, Chicken Nuggets

Menu is subject to change due to availability.

This Institution is an equal opportunity provider.