

REMINDER: All C-R students will receive a breakfast and lunch at no cost for the 2023-2024 school year due to the Community Eligibility Provision Funded by the USDA



# JANUARY

## C-R High School

Breakfast available everyday:  
Assorted cereal, milk and juice daily  
Menu subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p><b>No School</b></p>	<p>2 <b>Day 5</b></p> <p>Popcorn Chicken Whole Grain Roll</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mashed Potatoes Green Beans</p>	<p>3 <b>Day 6</b></p> <p>French Toast Sticks Sausage Patty</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Hashbrowns Spinach</p>	<p>4 <b>Day 1</b></p> <p>Hot Ham and Cheese on a Pretzel Bun</p> <p>-----</p> <p>Ham and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Tomato Soup Broccoli</p>	<p>5 <b>Day 2</b></p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Carrots Sticks Soup</p>
<p>8 <b>Day 3</b></p> <p>Chicken Tenders Whole Grain Roll</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mashed Potatoes Carrots</p>	<p>9 <b>Day 4</b></p> <p>Pulled Pork on a Bun</p> <p>-----</p> <p>Tuna Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Smile Fries Baked</p>	<p>10 <b>Day 5</b></p> <p>Chili with Cornbread</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Spinach</p>	<p>11 <b>Day 6</b></p> <p>Hamburger/Cheeseburger on a Whole Grain Bun with pickle cups</p> <p>-----</p> <p>Bologna and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Tator Tots Green Beans</p>	<p>12 <b>Day 1</b></p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Celery Sticks Soup</p>
<p>15</p> <p><b>Martin Luther King Jr. Day</b></p>  <p><b>No School</b></p>	<p>16 <b>Day 2</b></p> <p>Grilled Chicken Sandwich on a Whole Grain Bun</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Carrots Mashed Potatoes Baked Beans</p>	<p>17 <b>Day 3</b></p> <p>Chicken Wrap</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Fries Corn</p>	<p>18 <b>Day 4</b></p> <p>Baked Ziti with Meat Sauce</p> <p>-----</p> <p>Bologna and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Broccoli Garlic Roll</p>	<p>19 <b>Day 5</b></p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Pasta with Sauce Green Beans</p>
<p>22 <b>Day 6</b></p> <p>Chicken Nuggets Whole Grain Roll</p> <p>-----</p> <p>Peanut Butter and Jelly Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Mashed Potatoes Corn</p>	<p>23 <b>Day 1</b></p> <p>Fish Nuggets Dinner Roll</p> <p>-----</p> <p>Tuna Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Smile Fries Baked Beans</p>	<p>24 <b>Day 2</b></p> <p>Mozzarella Sticks Pasta with Sauce</p> <p>-----</p> <p>Turkey and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Green Beans Garlic Roll</p>	<p>25 <b>Day 3</b></p> <p>Chicken Fajita Seasoned Rice</p> <p>-----</p> <p>Bologna and Cheese Sandwich</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Black Bean Salsa</p>	<p>26 <b>Day 4</b></p> <p>Assorted Pizza</p> <p>-----</p> <p>Assorted Sandwiches</p> <p>-----</p> <p>Assorted Fruit</p> <p>-----</p> <p>Pasta with Sauce Carrots</p>