

# January

Lower School

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Tornado Rancher French Fires Green Beans Oreo Pie	4 Hot Dog Tater Tots Sweet Peas Banana Pudding	5 Chicken Nuggets Rice Whole Kernel Corn Strawberry Cake	6 Pizza Peas and Carrots White Cake	7
8	9 Spaghetti w/Meat Sauce Baby Carrots Roll Lemon Cake	10 Pepper Steak/Gravy Mashed Potatoes Corn on the Cob Roll Cup Cake	11 Pizza Sticks Mac and Cheese Green Beans Cookies	12 Chicken Nuggets Chips Broccoli Dirt Cake	13 Pizza Fried Okra Boston Cream Pie	14
15	16 Holiday	17 Baked Ziti Roasted Potatoes Roll Brownies	18 Hamburger French Fires Broccoli Banana	19 Chicken Nuggets Baked Beans Peas and Carrots Cookie	20 Pizza Black Eyed Peas Sliced Apples	21
22	23 Pork Fried Rice Hash brown Casserole Green Beans Dirt Cake	24 Beef Tacos Spanish Rice Mexican Corn Charos	25 Corn Dogs Curly Fries Sliced Carrots Key Lime Cake	26 Chicken Nuggets Chips Sweet Peas Chocolate Cake	27 Pizza Broccoli Rice Krispy Treat	28
29	30 BBQ Chicken Rice Whole Kernel Corn Cookies	31 Penne with Meat Sauce Carrots Rolls Jello				

# January

## Upper School

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Tornado Rancher French Fires Green Beans Oreo Pie Chef Salad	4 Hot Dog Tater Tots Sweet Peas Banana Pudding Caesar Wrap	5 Chicken Nuggets Rice Whole Kernel Corn Strawberry Cake Grilled Chicken Salad	6 Pizza Peas and Carrots White Cake Tender Wrap	7
8	9 Spaghetti w/Meat Sauce Baby Carrots Roll Lemon Cake Caesar Wrap	10 Pepper Steak/Gravy Mashed Potatoes Corn on the Cob Roll Cup Cake Ham Lunchable	11 Pizza Sticks Mac and Cheese Green Beans Cookies Buffalo Tender wrap	12 Chicken Nuggets Chips Broccoli Dirt Cake BLT Salad	13 Pizza Fried Okra Boston Cream Pie Turkey Sub	14
15	16 Holiday	17 Baked Ziti Roasted Potatoes Roll Brownies Tender Salad	18 Hamburger French Fires Broccoli Banana Ham Sandwich	19 Chicken Nuggets Baked Beans Peas and Carrots Cookie Turkey Wrap	20 Pizza Black Eyed Peas Sliced Apples Grilled Chicken Salad	21
22	23 Pork Fried Rice Hash brown Casserole Green Beans Dirt Cake Chef Salad	24 Beef Tacos Spanish Rice Mexican Corn Charos Ham Lunchable	25 Corn Dogs Curly Fries Sliced Carrots Key Lime Cake Chicken Tender Salad	26 Chicken Nuggets Chips Sweet Peas Chocolate Cake Chicken Salad Sandwich	27 Pizza Broccoli Rice Krispy Treat BLT Sandwich	28
29	30 BBQ Chicken Rice Whole Kernel Corn Cookies Buffalo Wrap	31 Penne with Meat Sauce Carrots Rolls Jello Caesar Salad				

# February

PreK-6<sup>th</sup> Grade

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tornadoes Roasted Potatoes Carrots Apple slices	2 Chicken Nuggets Rice Pilaf Sweet Peas Cookies	3 Pizza Fries Broccoli Ice Cream	4
5 Chicken Alfredo Broccoli Roll Oreo Pie	6 Soft Beef Tacos Spanish Rice Black Beans Churros	7 Fish sticks Sweet Potato Fries Baby Carrots Apple Slices	8 Chicken Nuggets Mac and Cheese Italian Green Beans Cup Cake	9 Pizza Fried Okra Ice Cream	10	11
12 Hot Dogs Fries Corn on the Cob Bananas	13 Sweet and sour chicken Rice Italian Green Beans Candy Bags	14 Ham and cheese Sandwich Peas and Carrots Tater Tots Cookies	15 Chicken Nuggets Chips Corn Rice Krispy	16 School Holiday Enjoy Your Day Off	17	18
19 School Holiday Enjoy Your Day Off	20 Popcorn Shrimp Rice Winter Blend Apples	21 Pizza Burger Curly Fries Baked Beans Chocolate cake	22 Chicken Nuggets Roll Field Peas Lemon Cake	23 Pizza Fries California Blend Cookies	24	25
26 Poppyseed Chicken Rice California Blend Caramel Cake	27 Chopped Steak with Gravy Mashed Potatoes Corn on the cob Banana Pudding	28				

# February

Upper School

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Tomatoes Roasted Potatoes Carrots Apple slices Tender Salad	2 Chicken Nuggets Rice Pilaf Sweet Peas Cookies Ham Sandwich	3 Pizza Fries Broccoli Ice Cream Buffalo Chicken Wrap	4
5	6 Chicken Alfredo Broccoli Roll Oreo Pie BLT Wrap	7 Taco Bar Spanish Rice Black Beans Churros Chef Salad	8 Fried Fish Sweet Potato Fries Baby Carrots Apple Slices Turkey Sub	9 Chicken Tenders Mac and Cheese Italian Green Beans Cup Cake Bacon Ranch Wrap	10 Pizza Fried Okra Ice Cream Pasta Salad	11
12	13 Hot Dogs with Chili Fries Corn on the Cob Bananas Chicken Salad Sandwich	14 Sweet and sour chicken Rice Italian Green Beans Candy Bags Chef Salad	15 Ham and cheese Sandwich Peas and Carrots Tater Tots Cookies / Tender Salad	16 Chicken Nuggets Chips Corn Rice Krispy Ham Lunchable	17 School Holiday Enjoy Your Day Off	18
19	20 School Holiday Enjoy Your Day Off	21 Popcorn Shrimp Rice Winter Blend Apples Ham and cheese	22 Pizza Burger Curly Fries Baked Beans Chocolate cake Green Salad	23 Chicken Nuggets Roll Field Peas Lemon Cake Turkey Sandwich	24 Pizza Fries California Blend Cookies Caesar Wrap	25
26	27 Poppyseed Chicken Rice California Blend Caramel Cake Bacon Ranch Wrap	28 Chopped Steak with Gravy Mashed Potatoes Corn on the cob Banana Pudding BLT Salad				