



SMYER ISD ELEMENTARY LUNCH MENU

January
2023

Fresh Vegetable choices and Seasonal Fruit are offered Daily



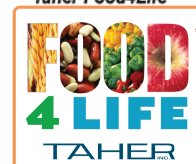
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9	10 BBQ Rib Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey BLT Wrap Steamed Corn Cherry Tomato Fresh Mixed Fruit Fresh Grapes	11 Beef & Cheese Quesadilla Beefy Nachos w/Cheese Sauce Turkey BLT Wrap Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes Homemade Brownie	12 Pasta with Meatballs & Sauce Rip Stick Breadstick Crispy Chicken Sandwich Turkey BLT Wrap Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes	13 French Toast Sticks Sausage Patty Pepperoni Pizza Turkey BLT Wrap Steamed Carrots Cherry Tomato Diced Pears Fresh Grapes Crispy Chicken Salad
16 No School	17 Meatloaf Whole Grain Dinner Roll Crispy Chicken Nuggets Ham and Cheese Charcuterie Mashed Potatoes & Gravy Baby Carrots Mixed Canned Fruit Banana	18 Corn Dog Carnita Nachos Ham and Cheese Charcuterie Baked Beans Baby Carrots Pineapple Tidbits Banana	19 Grilled Ham & Cheese Sandwich Crispy Chicken Sandwich Ham and Cheese Charcuterie Tater Tots Baby Carrots Applesauce Banana	20 Lasagna Rollup with Sauce Garlic Toast Choice of Pizza Ham and Cheese Charcuterie California Blend Vegetable Baby Carrots Diced Pears Banana
23 Turkey BLT Flatbread Cheeseburger on a Bun Honey Mustard Ham Wrap Baked Beans Cucumber Slices Diced Peaches Fresh Pear	24 Italian Meatball Sub Crispy Chicken Nuggets Whole Grain Dinner Roll Honey Mustard Ham Wrap Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear	25 Breakfast Sandwich Chicken Nachos & Canned Cheese Sauce Honey Mustard Ham Wrap Roasted Broccoli Salsa Pineapple Tidbits Fresh Pear	26 Beef Chili Cornbread Bowl Crispy Chicken Sandwich Honey Mustard Ham Wrap Potato Wedges Cucumber Slices Applesauce Fresh Pear	27 Chicken Potstickers Chicken Fried Rice Pepperoni Pizza Honey Mustard Ham Wrap Steamed Carrots Cucumber Slices Diced Pears Fresh Pear
30 Cilantro Shrimp Tacos with Guacamole Macaroni & Cheese Cheeseburger on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Coleslaw Cherry Tomato Diced Peaches Fresh Apple	31 Beef Hot Dog on a Bun Crispy Chicken Nuggets Whole Grain Dinner Roll NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Baked Beans Cherry Tomato Mixed Canned Fruit Fresh Apple M&M Cookie			

PRICES	Students Lunch	FREE
	Adult Lunch	\$4.50
EXTRA INFO		

For questions, please contact Food Service Director Rosy Rivera
rosa.rivera@smyer-isd.com
*Choice of Milk: 1% White or Chocolate
*Entrée Salads served with a Grain.



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