

JANUARY 2023

BIRCHWOOD SCHOOL DISTRICT

LUNCH



Lunch Prices: Elementary \$2.70, Middle School \$2.85, High School \$2.95, Reduced \$.40, Adult \$4.65
 Second Entrée \$1.50 Milk \$.35
 This institution is an equal opportunity provider.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Nuggets **2**
 Potato Wedges
 Green Beans
 Fruit Variety
 Milk /Cookie

Rotini w/Meat Sauce **3**
 Broccoli/ Corn
 Garlic Breadsick
 Fruit Variety
 Milk

Ham and Cheese Sub **4**
 Cut Veggies/Ranch
 Sun Chips
 Fruit Variety
 Milk

Cheeseburger **5**
 Potato Smiles
 Baby Carrots/Ranch
 Fruit Variety
 Milk

Mozzarella Dippers **6**
 Marinara Sauce
 Side Salad
 Fruit Variety
 Milk

Chicken Alfredo Penne **9**
 Broccoli/Peas
 Breadstick
 Fruit Variety
 Milk

Softshell Tacos **10**
 Lettuce/Cheese/Tomato
 Salsa/Sour Cream
 Taco Beans
 Fruit Variety/Milk

Meatball Sub **11**
 Side Salad
 Baby Carrots/Ranch
 Fruit Variety
 Milk

Mini Corn Dogs **12**
 Tater Tots
 Baked Beans
 Fruit Variety
 Milk

Fish Sticks **13**
 Green Beans
 Cole Slaw / Dinner Roll
 Fruit Variety
 Milk

Cheesy Scalloped Potatoes **16**
 and Ham
 Dinner Roll
 Green Beans
 Fruit Varity / Milk

Chicken Patty on WG Bun **17**
 Corn
 Baby Carrots/Ranch
 Fruit Variety
 Milk

Sloppy Joe on WG Bun **18**
 Baked Beans
 Potato Wedges
 Fruit Variety
 Milk

Pizza **19**
 Side Salad
 Fruit Variety
 Milk

Teacher Work Day **20**
No School

Cheese Quesadilla **23**
 Carrot Coins
 Salsa/Sour Cream
 Fruit Varity
 Milk

Spaghetti and Meat Sauce **24**
 Broccoli/Peas
 Garlic Toast
 Fruit Variety
 Milk

Grilled Chicken Breast **25**
 Waffle Fries
 Corn
 Fruit Variety
 Milk

Mozzarella Dippers **26**
 Marinara Sauce
 Side Salad
 Fruit Variety
 Milk

Brunch for Lunch **27**
 French Toast Sticks
 Tri Taters
 Sausage Links
 Fruit Variety/ Milk

Macaroni and Cheese **30**
 Peas/Carrot Coins
 Fruit Variety
 Milk
 Cookie

Grilled Cheese **31**
 Chili
 Green Beans
 Fruit Variety
 Milk

