

# JANUARY 2023

## Jr/Sr High School

equal opportunity employer

### LUNCH



#### -Meals are NOT free for all students

-An approved meal application must be on file for free meals. They can be found at [lafayetteschools.org](http://lafayetteschools.org) on the Food Service page, click the plate setting icon.  
-MENU SUBJECT TO CHANGE



**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

##### Holiday Recess

2

No School

#### TUESDAY

Pizza Crunchers  
w/Tomato Sauce

3

Broccoli  
Seasoned Corn

#### WEDNESDAY

Cheeseburger  
Whole Grain Bun

4

French Fries  
Green Beans

#### THURSDAY

Toasted Cheese on  
Whole Grain Bread

5

Tomato Soup  
Celery Sticks w/Dip

#### FRIDAY

Personal Pan Pizza

6

Caesar Salad  
Seasoned Carrots

Chicken Patty  
Whole Grain Bun

9

Mixed-up Veggies  
Sweet Potato Fries

Taco Tuesday!  
Beef, soft shells, salsa,  
cheese, sour cream, lettuce  
Seasoned Corn  
Black Bean Salsa

10

Pasta & Meatsauce  
w/Breadstick

11

Caesar Salad  
Green Beans

Breakfast Sandwich  
Whole Grain Croissant

12

French Fries  
Veggie/Fruit Juice

Big Daddy's Pizza

13

Broccoli  
Carrot Coins

##### Martin Luther King Day

16

No School

Chicken Nuggets  
w/Dip & Roll

17

Sweet Potato Fries  
Steamed Broccoli

Twisted Cheesy  
Breadsticks  
w/Tomato Sauce  
Green Beans  
Tossed Salad

18

French Toast Sticks  
w/Sausage

19

Hash Rounds  
Cherry Star Juice

Stuffed Crust Pizza

20

Caesar Salad  
Carrot Coins

Breaded Mozzarella  
Sticks w/Tomato Sauce

23

Green Beans  
Cali Blend

Nachos Supreme  
w/Salsa & Sour cream

24

Cheesy Bean Dip  
Seasoned Corn

Meatball Sub w/Parm  
Whole Grain Bun

25

French Fries  
Steamed Broccoli

Chicken Gravy  
Over WG Biscuit

26

Sweet Potato Fries  
Mixed Veggies

Half day

27

No Lunch  
Breakfast Available

Mini-Corn Dogs  
w/ Honey Mustard

30

Green Beans  
Sweet Potato Fries

Walking Taco  
Beef, salsa, cheese,  
sour cream, lettuce  
Seasoned Corn  
Cheesy Bean Dip

31

