

JANUARY 2022

North Cedar Jr/Sr High Lunch Menu

LUNCH



Weekly Specialty Options:

Jan 3-7: Italian Flatbread Melt, Chef Salad

Jan 10-14: Yogurt Parfait, Chef Salad

Jan 18-21: Sub Sandwich, Chef Salad

Jan 24-28: Knight Bites, Chef Salad

Jan 31: Turkey Bacon Wrap, Chef Salad



MONDAY

BBQ Rib or BBQ
Chicken on WG Bun
Oven Fries, K, M, BBQ, Pickle
Applesauce, Peaches, Fruit of
Choice, Fresh Veggies, Milk

3

Walking Taco or Soft Shell
Taco, Shredded Cheese, Salsa, Sour
Cream, Shredded Lettuce
Applesauce, Sidekick Slushie
Fruit of Choice, Fresh Veggies
Milk of Choice

10

No School

17

Orange Chicken
Brown Rice, Broccoli, WG Roll
Sweet and Sour Sauce, Applesauce
Pineapple, Fruit of Choice
Fresh Veggies
Milk of Choice

24

Pizza
Broccoli and Cheese Sauce
Applesauce, Sidekick Slushie
Fruit of Choice, Fresh Veggies
Milk of Choice

31

TUESDAY

Salisbury Steak
Mashed Potatoes, Gravy
Corn, B&B Sandwich, K, M, BBQ
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

4

Chicken Nuggets
WG Chips, Corn
K, M, BBQ, Honey Mustard
Applesauce, Peaches
Fruit of Choice, Fresh Veggies
Milk of Choice

11

Chicken Tenders, Cheez-Its
Parsley Potatoes, Peas
K, M, BBQ, Honey Mustard
Applesauce, Pineapple
Fruit of Choice, Fresh Veggies
Milk of Choice

18

Breaded Pork Chop
Mashed Potatoes, Gravy, Corn
B&B Sandwich, K, M, BBQ
Applesauce, Peaches
Fruit of Choice, Fresh Veggies
Milk of Choice

25

WEDNESDAY

Sloppy Joes on WG Bun
Carrots, Chips, K, M
Pickle, Applesauce
Pears, Fruit of Choice
Fresh Veggies, Milk of Choice

5

Taquitos
Spanish Rice
Salsa, Sour Cream, Shredded Cheese
or Cheese Sauce, Spiced Apples
Applesauce, Pineapple, Fruit of Choice
Fresh Veggies, Milk of Choice

12

Chicken Patty or Spicy Chicken
Patty on WG Bun, Chips, Baked Beans
K, M, BBQ, Honey Mustard
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

19

Spaghetti
Cheese Stick
Green Beans, Parmesan Cheese
Applesauce, Fruit Cocktail
Fruit of Choice, Fresh Veggies
Milk of Choice

26

THURSDAY

Chicken Drumstick, WG
Roll, Baked Potato Bar
with Cheese Sauce, Shredded Cheese
Sour Cream, Broccoli, Chili, Bacon
Bits, Applesauce, Tropical Fruit
Fruit of Choice, Fresh Veggies, Milk

6

Chicken Alfredo
Breadstick, Parmesan Cheese
Green Beans
Applesauce, Fruit Cocktail
Fruit of Choice, Fresh Veggies
Milk of Choice

13

Homemade Chili and
Homemade Chicken Noodle Soup
Cinnamon Roll, Saltine Crackers
Applesauce, Pears
Fruit of Choice, Fresh Veggies
Milk of Choice

20

Popcorn Chicken
Oven Fries, Scooby Doo Graham
K, M, BBQ, Honey Mustard
Applesauce, Mandarin Oranges
Fruit of Choice, Fresh Veggies
Milk of Choice

27

FRIDAY

Corn Dog, Hot Dog, or
Cheddarwurst on WG Bun
Baked Beans, Chips, K, M
Applesauce, 2 Fruits of Choice
Fresh Veggies, Milk of Choice

7

Pizza
Broccoli Normandy
Applesauce
2 Fruits of Choice
Fresh Veggies
Milk of Choice

14

Chicken Bacon Club or
BBQ Chicken on WG Bun
Sweet Potatoes, Chips, K, M, Pickle,
BBQ, Mayo, Applesauce
2 Fruits of Choice, Fresh Veggies
Milk of Choice

21

Hamburger on WG Bun
Bacon, Sliced Cheese, Baked
Beans, Chips, K, M, BBQ, Pickle
Applesauce
2 Fruits of Choice, Fresh Veggies
Milk of Choice

28

