

January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 Hamburger WG Bun Carrots Vegetable Bar Pears Orange Slices	5 Chicken Strips WG Dinner Roll Green Beans Vegetable Bar Mixed Fruit Apple Slices	6 Hot Dog WG Bun Baked Beans Vegetable Bar Peaches Banana
9 Pork Patty WG Bun Peas Vegetable Bar Applesauce Tropical Fruit	10 Walking Tacos Chips Carrots Vegetable Bar Strawberries Mandarin Oranges	11 Chicken Nuggets Mac & Cheese WG Dinner Roll Broccoli Vegetable Bar Orange Slices Mixed Fruit	12 Meat Loaf Breadsticks Mashed Potatoes & Gravy Vegetable Bar Peaches Apple Slices	13 BBQ Chicken WG Bun Corn Vegetable Bar Pears Banana
16 Italian Dunkers Marinara Sauce Green Beans Vegetable Bar Pineapple Peaches	17 Crispito Cheese Sauce Peas Vegetable Bar Pears Orange Slices	18 BBQ WG Hamburger Bun Corn Vegetable Bar Mixed Fruit Apple Slices	19 Country Fried Steak WG Dinner Roll Mashed Potatoes & Gravy Vegetable Bar Mandarin Oranges Tropical Fruit	20 Corn Dog Cookie Baked Beans Vegetable Bar Banana Applesauce
23 Grilled Chicken Breast WG Bun Corn Vegetable Bar Peas Apple Slices	24 Waffles and Sausage Hashbrowns Vegetable Bar Peaches Strawberries Yogurt	25 Texas Straw Hat Chips Peas Vegetable Bar Tropical Fruit Orange Slices	26 Sweet and Sour Chicken Rice Oriental Vegetable Vegetable Bar Mandarin Oranges Applesauce	27 BBQ Pork WG Bun Carrots Vegetable Bar Mixed Fruit Banana
30 Chicken Drumstick WG Dinner Roll Mashed Potatoes & Gravy Vegetable Bar Tropical Fruit Applesauce	31 Pizza Crunchers Cookie Green Beans Vegetable Bar Pears Orange Slices			Menu Subject To Change Without Notice

BREAKFAST START TIMES:

7:30 AM

George & Little Rock
Attendance Centers

BREAKFAST PRICES:

Students - \$1.60

LUNCH PRICES:

TK - 6 - \$2.55

7-12 - \$2.85

MS/HS Seconds - \$1.30

BREAKFAST ITEMS:

Monday: Muffin and Yogurt or Waffle

Tuesday: Pancake on a Stick or Bagel

Wednesday: Egg and Sausage Patty

Thursday: French Toast Sticks

Friday: Donut and Yogurt

Cereal, Toast and Fruit served daily

VEGETABLE BAR:

Lettuce/Carrots/Broccoli

Ranch/French Dressing

MILK SERVED DAILY

1% White Skim Chocolate

George-Little Rock is an Equal Opportunity Provider