

# Meadow Heights Menus January 2024

## Breakfast

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Breakfast Bowl & Waffle Snaps	Biscuit & Gravy	Donut Holes	Breakfast Pizza	Chicken Biscuit

A variety of Milk offered daily.  
Cereal Bars offered daily.

## Lunch

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<sup>1</sup> NO SCHOOL	<sup>2</sup> NO SCHOOL	<sup>3</sup> NO SCHOOL	<sup>4</sup> Spaghetti Slaw Breadstick Pears	<sup>5</sup> Sausage Pancake Wraps/Syrup Hash Browns Peaches
<sup>8</sup> Chicken Strips Broccoli & Cheese Cheesy Garlic Biscuit Baked Apples	<sup>9</sup> Cheeseburger or Hamburger Ranch Potatoes Baked Beans Mixed Fruit	<sup>10</sup> Chicken & Noodles Green Beans Hot Roll Applesauce	<sup>11</sup> <u>6<sup>th</sup> Grade Choice</u> Popcorn Chicken M. Potatoes & Gravy Slaw/Texas Toast Strawberries Just Dipped Ice Cream	<sup>12</sup> Dirty Fries (Taco Meat & Cheese Sauce) Cinnamon Twist Orange Juice
<sup>15</sup> NO SCHOOL	<sup>16</sup> Cheese Pizzaboli Cucumber Slices Baby Carrots/Ranch Blueberries	<sup>17</sup> Beef Stew Broccoli Salad Hot Roll Grape Juice	<sup>18</sup> Turkey, Cheese & Bacon Lettuce/Tomato/Pickle Sweet Potatoes Beans Apple	<sup>19</sup> Chicken, Cheese & Rice Mixed Vegetables Brownie Oranges
<sup>22</sup> General Tso Chicken Rice/Egg Roll Peas and Carrots Banana	<sup>23</sup> Country Fried Pork Steak/Biscuit M. Potatoes & Gravy Mixed Fruit	<sup>24</sup> Chicken Taco Soup $\frac{1}{2}$ P. B. Sandwich Apple Slices Peanut Butter Cookie	<sup>25</sup> <u>7<sup>th</sup> Grade Choice</u> Walking Taco Lettuce/Salsa Refried Beans Cantaloupe Ice Cream Sandwich	<sup>26</sup> Lasagna Rollup Ranch Garden Salad Breadstick Pineapples
<sup>29</sup> Chicken Alfredo Steamed California Blend Breadstick Pears	<sup>30</sup> Salisbury Steak M Potatoes & Gravy Pinto Beans Croissant Apple Juice	<sup>31</sup> Nachos Tater Tots Lettuce/Salsa Mandarin Oranges		

### Additional Elementary, Middle and High School Choices

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Chicken Patty	BBQ Pizza	Grilled Cheese	Cheese Pizza	Cheeseburger

Variety of Milk, Fruit and Vegetables offered Daily.

Chef Salads will be offered Monday thru Thursday to Middle School and High School.

Menus subject to change according to availability.

This institution is an equal opportunity provider.