

# January 2023

## Towns County Middle-High

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>No School</b>	3 <b>Teacher Workday</b>	4 Chicken Nuggets Cheeseburger Mashed Potatoes Green Beans Mini Pretzel Lettuce/Tomato/Pickle	5 Beef Rotini Chicken Tenders Dinner Roll Broccoli with Cheese Pinto Beans Potato Casserole	6 Sloppy Joe Sandwich Chicken Sandwich Potato Smiles Corn Veggie Dippers Lettuce/Tomato
9 Poppy seed Chicken Hamburger Green Peas Sweet Potato Fries Pinto Beans Lettuce/Tomato/Pickles	10 Baked Chicken BBQ Pork Macaroni & Cheese Black-eyed Peas Turnip Greens Dinner Roll	11 Gen Tso Chicken Hot Ham & Cheese Sandwich Spring Roll Fried Rice Broccoli Veggie Dippers	12 Pizza Hot Dog Corn Green Beans Coleslaw Carrot Dippers	13 Cheeseburger Chicken Club Baked Beans Tater Tots Veggie Dippers Sandwich Fixings
16  Martin Luther King Jr. Day	17 Cheesy Breadsticks Chicken Tenders Mashed Potatoes Black-eyed Peas Carrots Marinara Sauce Dinner Roll	18 Spaghetti Corndog Garlic Toast Broccoli with Cheese Sweet Potato Fries Veggie Dippers	19 Pizza Hot Ham & Cheese Corn Green Beans Pasta Salad Blueberry Crisp	20 Hamburger Chicken Sandwich Baked Beans Potato Smiles Veggie Dippers Sandwich Toppings
23 Cheese Quesadilla Popcorn Chicken Green Peas Sweet Potato Fries Pinto Beans Marinara Sauce Dinner Roll	24 Chicken Pot Pie Cheeseburger Turnip Greens Black-eyed Peas Mashed Potatoes Garlic Bread Sandwich Toppings	25 Lasagna Mini Corndogs Broccoli with Cheese Carrots Veggie Dippers Garlic Toast	26 Pizza Hot Dog Corn Green Beans Coleslaw Veggie Dippers Jell-O	27 Cheeseburger Chicken Club Baked Beans Seasoned Fries Veggie Dippers Sandwich Toppings
30 Beef Rotini Chicken Tenders Broccoli with Cheese Potato Casserole Pinto Beans Dinner Roll	31 Beef Taco Chicken Fajita Black Bean Salad Pinto Beans Corn Rice / Salsa Sour Cream & Fixings	<p><i>Did you know?</i></p> <p>As of January 3, 1959, Alaska officially became the 49th state of the United States.</p>		

### Offered Daily

Fresh Salad and Fruits  
Daily Soup offered with Salad  
Choice of 1% White Milk or 1% Chocolate Milk.  
Various A la Carte Items for sale as extra item. Must have cash or money on account to purchase extra items.

### School Info

Meals are no longer free for everyone.  
Meal Prices are:  
Full Pay Lunch: \$2.50  
Reduced Lunch: .40  
Adult Lunch: \$4.50  
Extra Foods range from \$.75 to \$3.00.

#### Harvest of the Month



Greens:  
Collards, Mustards, and Turnip

Winter Greens are excellent sources of vitamins K, A, and C and are considered nutrition powerhouses.

Menu is subject to change without notice.

This institution is an equal opportunity provider.