



HIGH SCHOOL January Menu



Manage your meals online at:
MySchoolBucks.com

FREE Breakfast and Lunch Meals for a
Limited Time in Support of Our Community

★ = Limited Time Only
🐷 = This Contains Pork

BREAKFAST

All Meals Include An Entrée, Fruit,
100% Fruit Juice and/or Milk

MONDAY

French Toast Sticks
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

TUESDAY

Chicken Biscuit
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

WEDNESDAY

Waffles and Sausage 🐷
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

THURSDAY

Chicken Biscuit
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

FRIDAY

Bacon, Egg & Cheese Croissant 🐷
General Mills® Cereals and Cheese Stick
BeneFIT® Bar

Menus including A La Carte Menu
available online at RedAppleDining.com

FEATURED MEAL OF THE DAY

All Meals Include an Entrée, Fruit,
Juice, Vegetables and/or Milk.

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Baked Pasta Broccoli Garlic Breadstick	General Tso or Teriyaki Chicken Rice California Vegetables
11	12	13	14	15
BBQ Cheddar Chicken Sandwich French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Spaghetti & Meat Sauce Broccoli Garlic Breadstick	Maple Waffles Fruit Topping Eggs & Sausage 🐷 Home Fries
18	19	20	21	22
MARTIN LUTHER KING JR. DAY	100% All Beef Burger or Black Bean Burger French Fries	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Baked Pasta Broccoli Garlic Breadstick	Southern Fish Tacos Black Beans Tortilla Chips
25	26	27	28	29
100% All Beef Burger or Black Bean Burger French Fries	Chicken or Beef Burrito Bowl with Toppings	Boneless Wings Mashed Potatoes Gravy Dinner Roll	Spaghetti & Meat Sauce Broccoli Garlic Breadstick	Maple Waffles Fruit Topping Eggs & Sausage 🐷 Home Fries



Menu is subject to change.

EVERYDAY FAVORITES

**YOGURT
PARFAIT MEAL**

**SPECIALTY
SALAD MEAL**
Turkey & Cheese
or Chicken Caesar

**OVEN FRESH
PIZZA MEAL**
Cheese, Pepperoni 🐷
or Buffalo Chicken

SANDWICH MEAL
Crispy Chicken Sandwich
or BBQ Cheddar chicken
Sandwich ★