



# January 2021 7th-12th Grade

## Grades 7-12

BREAKFAST FREE  
LUNCH FREE  
MILK .50

## SERVED DAILY

*Uncrustables PB&J*  
*Turkey Sandwich*  
*Tuna Sandwich*  
*Assorted Fruit*  
*Skim / 1% White or*  
*Non-Fat Chocolate Milk*

MON TUE WED THU FRI

1

2

3

# HAPPY NEW YEAR

4

### Chicken Drumsticks

Mashed Potatoes  
Gravy  
Low-Fat Ranch

5

### French Toast Sticks

Baked Hash Brown Patty  
Baked Sausage Patty  
Ketchup Packet  
Syrup Packet

6

7

### Chicken Drumsticks

Mashed Potatoes  
Gravy  
Low-Fat Ranch

8

### French Toast Sticks

Baked Hash Brown Patty  
Baked Sausage Patty  
Ketchup Packet  
Syrup Packet

11

### Bacon Burger

French Fries  
Shredded Lettuce  
Sliced Tomatoes  
Ketchup Packet

12

### Nacho Taco Salad

Tortilla Chips  
Shredded Lettuce  
Black Bean Salad  
Salsa

13

14

### Bacon Burger

French Fries  
Shredded Lettuce  
Sliced Tomatoes  
Ketchup Packet

15

### Nacho Taco Salad

Tortilla Chips  
Shredded Lettuce  
Black Bean Salad  
Salsa

18

## MARTIN LUTHER KING DAY

19

### Individual WG Pizza

Lettuce & Tomato Salad  
Low-Fat Italian  
Low-Fat Ranch

20

21

### Orange Chicken

Steamed Rice  
Steamed Carrots

22

### Individual WG Pizza

Lettuce & Tomato Salad  
Low-Fat Italian  
Low-Fat Ranch

25

### Chicken Tenders

Steamed Rice  
Steamed Corn

26

### Baked Rotini w/ Meatsauce

Simmered Carrots

27

28

### Chicken Tenders

Steamed Rice  
Steamed Corn

29

### Baked Rotini w/ Meatsauce

Simmered Carrots

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JAMES P. NEVERS  
FOOD SERVICE DIRECTOR  
779-2300 Option 7 Option 1  
jnevers@gblions.org