

JANUARY 2023

WAKEFIELD-MARENISCO

LUNCH



School Information: MILK & WATER WITH ALL MEALS.

FRUITS & VEGETABLES DAILY

***** MENU SUBJECT TO CHANGE*****



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

2

Walking Taco

3

Cardinal Bowl

4

Mac & Cheese
Chicken Nuggets

5

Pizza
Salads

6

Mini Corn Dogs
Baked Beans

9

Pizza Quesadilla
Salsa & Sour Cream

10

National Milk Day
Chicken Patty
Nacho Cheese & Chips

11

Rotini & Red Sauce
Meatballs
Garlic Bread

12

Chili Mac
Corn Muffins

13

NO SCHOOL

16

Beefy Nachos

17

Meatballs/Gravy
Mashed Potatoes
Roll & Corn

18

Hot Dog on Bun
Smiley Potatoes

19

Pepperoni French Bread
Pizza

20

Cheeseburgers
Fries
Pickles

23

Calzone
Marinara

24

Sloppy Joe's
Tater Tots

25

Alfredo Noodles
Broccoli
Breadstick

26

Broccoli Cheese Soup
Bosco Stick

27

Ham & Turkey Subs
Chips & Pickles

30

Taco Wrap
Nacho Cheese & Chips

31

