

Jan-23

Ash Point Community
School



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>02</p> <p>03</p> <p>Breakfast for Lunch French Toast Bites, Eggs, Turkey Sausage, Tater Tots, Craisins</p>	<p>04</p> <p>Chicken and Cheese Quesadilla, Salsa, Sour Cream, Refried Beans, Fiesta Corn, Cantaloupe</p>	<p>05</p> <p>Chicken Burgers, French Fries, Cucumber sticks, Fruit Cocktail</p>	<p>06</p> <p>Cheese Pizza, Steamed Broccoli, Red Grapes</p>
<p>9</p> <p>10</p> <p>11</p> <p>12</p> <p>13</p>	<p>16</p> <p>17</p> <p>18</p> <p>19</p> <p>20</p>	<p>23</p> <p>24</p> <p>25</p> <p>26</p> <p>27</p>	<p>30</p> <p>31</p>	
<p>Chicken Fingers, Tater Tots, Cucumber Sticks, Pears</p>	<p>Blueberry and Banana Smoothie, Chocolate Chip Muffin, Cheese Stick, Baby Carrots</p>	<p>Ham and Cheese Sandwich, Celery Sticks with WoW Butter, Craisins, Cookie Early Release</p>	<p>Chicken Alfredo, Penne Pasta, Broccoli, Garlic Breadstick, Orange Wedges, Brownie</p>	<p>Cheese or Bacon Pizza, Rainbow Peppers with Ranch, Apple</p>
<p>MARTIN LUTHER KING JR. <i>Day</i></p>	<p>Chicken Taco Sandwich with Cheddar on Kaiser Roll, Rainbow Pepper Strips, Red Grapes</p>	<p>Turkey Dog & Mac and Cheese, Peas, Apple</p>	<p>Popcorn Chicken, Smiley Fries, Cucumber Sticks, Pears</p>	<p>Pepperoni Pizza, Celery Sticks with Ranch, Raisins</p>
<p>Sweet and Sour Chicken, Brown Rice Pilaf, Green Beans, Pears</p>	<p>Chicken Chili with Cheddar Cheese, Corn Bread, Frito's, Strawberries & Cream</p>	<p>BBQ Pulled Pork on Kaiser Roll, Cole Slaw, Peach Cups, Cookie</p>	<p>Spaghetti and Meat Sauce, Garlic Bread, Tossed Salad with Ranch Dressing, Apple Sauce</p>	<p>Cheese Pizza, Broccoli Flowerets with Ranch, Raisins</p>
<p>Cheeseburger on Kaiser Roll, Smiley Fries, Apple</p>	<p>Nachos, Cheddar Cheese Sauce, Corn Chips, Red Pepper Strips, Fruit Cocktail</p>			

Choice of 1% White Milk of White Skim Milk for Breakfast
Choice of 1% White Milk, White Skim Milk, or Fat Free Skim Milk for lunch