










January 2022 Monroe Central Jr/Sr High School



				
3 Chicken Fillet/WG Bun Steamed Carrots Fresh Veggies Fruit & Milk	4 Chicken Nachos Refried Beans Fresh Veggies Fruit & Milk	5 Rotini w/Garlic Bread Green Beans Fresh Veggies Fruit & Milk	6 Turkey Sandwich Broccoli Fresh Veggies Fruit & Milk	7 Sloppy Joe /WG Bun French Fries Fresh Veggies Fruit & Milk
10 Grilled Cheese Tomato Soup Fresh Veggies Fruit & Milk	11 Ham & Cheesy Potato Baked Beans Fresh Veggies Fruit & Milk	12 MC Sub Steamed Broccoli Fresh Veggies Fruit & Milk	13 Pizza Romaine Side Salad Fresh Veggies Fruit & Milk	14 Turkey Manhattan Mashed Potatoes Fresh Veggies Fruit & Milk
17 MLK Day No School	18 Cheesy Breadsticks w/Marinara Sauce Corn/ Fresh Veggies Fruit & Milk	19 Chicken Patty Sand Baked Beans Fresh Veggies Fruit & Milk	20 Salisbury Steak/Gravy Mashed Potatoes /Roll Fresh Veggies Fruit & Milk	21 Chicken Tenders Steamed Broccoli Fresh Veggies Fruit & Milk
24 Quesadilla Fiesta Corn Fresh Veggies Fruit & Milk	25 Chili Soup Cornbread Fresh Veggies Fruit & Milk	26 Virtual Learning Day	27 Pulled Pork Nachos Steamed Broccoli Fresh Veggies Fruit & Milk	28 Hot Dog /WG Bun Baked Beans Fresh Veggies Fruit & Milk
31 Hamburger/ WG Bun French Fries Fresh Veggies Fruit & Milk				

A PEANUT BUTTER SANDWICH OR CHEF SALAD WILL BE OFFERED DAILY INSTEAD OF THE MAIN ENTREE

Menu item(s) are subject to change if item(s) are unavailable

**FREE
BREAKFAST
& LUNCH
for ALL
students until
further notice!**