

January 2023 Monroe Central Jr/Sr High School



MC Golden Bears



3 Pizza Steamed Corn Fresh Veggies Fruit & Milk	4 Salisbury Steak /Gravy Mashed Potatoes /Roll Fresh Veggies Fruit & Milk	5 Sloppy Joe /WG Bun Broccoli Fresh Veggies Fruit & Milk	6 Hot Dog/ WG Bun Baked Beans Fresh Veggies Fruit & Milk
9 Chicken Tenders Green Beans Fresh Veggies Fruit & Milk	10 Pulled Pork Nachos Refried Beans Fresh Veggies Fruit & Milk	11 Rotini w/Meat Sauce Garlic Bread/ Carrots Fresh Veggies Fruit & Milk	12 Shaved Turkey /WG Bun Side Salad Fresh Veggies Fruit & Milk
16 Martin Luther King Day NO SCHOOL	17 Cook's Choice Entree/Grain Cook's Choice Veggie Fresh Veggies Fruit & Milk	18 Hamburger /WG Bun French Fries Fresh Veggies Fruit & Milk	19 MC Subs /WG Bun Broccoli Fresh Veggies Fruit & Milk
23 Pulled Pork /WG Bun Baked Beans Fresh Veggies Fruit & Milk	24 Chicken Nachos Steamed Corn Fresh Veggies Fruit & Milk	25 Baked Turkey /Gravy Mashed Potatoes /Roll Fresh Veggies Fruit & Milk	26 Cheesy Breadsticks w/Marinara Sauce/Carrots Fresh Veggies Fruit & Milk
30 Spaghetti w/Meat Sauce Garlic Bread/Green Beans Fresh Veggies Fruit & Milk	31 Chicken Patty /WG Bun French Fries Fresh Veggies Fruit & Milk		
			

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

Be sure to stop in and eat breakfast each morning Prices are \$0.30 for Reduced Eligibility and \$1.25 for Paid Eligibility

Lunch prices are \$0.40 for Reduced Eligibility and \$2.30 for Paid Eligibility

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

Fresh Fruits, Veggies and Juices choices