

Chicken Sandwich

Potato Wedges

Side Salad

Fruit & Milk

Fajita Chicken & Queso

Corn & Refried Beans

over Mexican Rice

Tostitos Chips

Fruit & Milk

January 2023 QHS Menu

| | January 3rd | January 4th | January 5th | January 6th |
|------------------------------------|---------------------------|---------------------------|--------------------------|---------------------------|
| Other meals offered daily include, | French Toast Sticks | Breakfast Sandwich | Biscuit & Gravy | Donut & Yogurt |
| Made to order Subs, Wraps | Mini Corn Dog Nuggets or | Big D's Pizza or | Chicken Strips | Cheese Quesadilla w/Queso |
| and Salads | Cheeseburger | Spicy Chicken Sandwich | Baked Beans | Corn |
| Grab n'Go Chef Salads | Tater Tots | Green Beans | 7 Layer Salad | Side Salad |
| Taco Bar | Baby Carrots | Spinach Salad | Fruit & Milk | Fruit & Milk |
| | Fruit & Milk | Fruit & Milk | | |
| January 9th | January 10th | January 11th | January 12th | January 13th |
| French Toast Sticks | Cinnamon Roll | Scrambled Eggs & Bacon | Biscuit & Gravy | Donut & Yogurt |
| Grilled Chicken Wrap | Turkey or Chicken & Gravy | Little Caesar's Pizza or | Chili & Grilled Cheese | Walking Taco |
| Sunchips | over Mashed Potatoes | Mozzarella Breadsticks | Carrots & Celery Sticks | Corn |
| Steamed Broccoli | Dinner Roll | Side Salad | Fruit | Southwest Salad |
| Side Salad | Green Beans | Baby Carrots | Milk | Fruit |
| ruit & Milk | Fruit & Milk | Fruit & Milk | | Milk |
| January 16th | January 17th | January 18th | January 19th | January 20th |
| No School | Breakfast Sandwich | Pancakes & Sausage | Biscuit & Gravy | Donut & Yogurt |
| inuther King | Chicken BLT Sandwich | Spaghetti w/Meatballs | Chicken Twister | BBQ Pork Pony Shoe |
| | Baked Beans | or Spicy Chicken Sandwich | Cooked Carrots | Curly Fries |
| | Coleslaw | Green Beans | Broccoli Salad | Baby Carrots |
| Pertin Luther Wind | Fruit | Side Salad | Fruit | Fruit & Milk |
| diner | Milk | Fruit & Milk | Milk | |
| January 23rd | January 24th | January 25th | January 26th | January 27th |
| French Toast Sticks | Cinnamon Roll | Scrambled Eggs & Bacon | Biscuit & Gravy | Donut & Yogurt |
| 1 Cheese Garlic Bread | Popcorn Chicken Bowl | Domino's Pizza or | Orange Chicken over Rice | Chili Dog or |
| Marinara Sauce | w/Mashed Potatoes | Mozzarella Breadsticks | Oriental Vegetables | Spicy Chicken Sandwich |
| Steamed Broccoli | Corn | Side Salad | Asian Coleslaw | Baked Beans |
| -ruit | Dinner Roll | Baby Carrots | Fruit & Milk | Sweet Potato Fries |
| Milk | Fruit & Milk | Fruit & Milk | | Fruit & Milk |
| January 30th | January 31st | | | |
| French Toast Sticks | Breakfast Sandwich | | | Oct'A |

DUE TO MANUFACTURING SHORTAGES, MENU IS SUBJECT TO CHANGE BASED UPON PRODUCT AVAILABLITY!

