




# T.I.S. School Lunch **January** 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>New Years Day</b>  <b>Observed</b>	<b>3</b> Chicken Nuggets Mashed Potato Cucumber & Fruit Graham	<b>4</b> Teriyaki Dippers Rice Salad & Tomato Fruit	<b>5</b> Chicken Patty w/Bun Baked Beans Carrots & Tomato Fruit	<b>6</b> Pizza  Green Salad w/Veggies Cookie & Fruit
<b>9</b> Taco w/Tortilla Refried Beans Veggies & Fruit	<b>10</b> Bean & Cheese Burrito Salad, Cherry Tomato, Cucumber & Fruit	<b>11</b> Chicken Drumstick Mashed Potatoes, Roll Gravy Carrots & Fruit	<b>12</b> Pizza Green Salad w/ Veggies Cookie & Fruit	<b>13</b> Hamburger & Tots Lettuce, Tomato Carrots & Fruit
<b>16</b> <b>Martin Luther King Day</b>   <small>Martin Luther King Jr. Day</small>	<b>17</b> Chicken Patty w/Bun Tomato, Cucumber Tater Tots & Fruit	<b>18</b> Pizza Green Salad w/ Veggies Cookie & Fruit	<b>19</b> Chicken Nuggets Tater Tots Cucumber Grahams & Fruit	<b>20</b> Corn Dog Baked Beans Carrots & Broccoli Fruit
<b>23</b> Chili w/Fritos String Cheese Carrots & Cucumbers Fruit Ice Cream	<b>24</b> Pizza Green Salad w/ Veggies Cookie & Fruit	<b>25</b> Hamburger Patty w/Bun Lettuce, Tomato Carrots Fruit	<b>26</b> Chicken Alfredo Green Salad Cucumber Bread Stick Fruit	<b>27</b> Chicken Nuggets Tater Tots Cherry Tomato Carrots & Lettuce Fish Cracker
<b>30</b> Pizza Green Salad w/ Veggies Cookie & Fruit	<b>31</b> Nacho's Cheddar Cheese Sauce Tostitos, Refried Beans Cucumber & Fruit			

Menus are subject to change on availability

Nonfat Chocolate, 1% White Milk is served with every meal

Highland schools are an equal opportunity provider. Highland School Wellness Policy available for review upon request.