

Our Fruits & Veggies consists of fresh and canned fruit. It will consist of vegetables from the Dark Green, Red/Orange, Legume, Starchy, and Other categories. They may consist of romaine, spinach, broccoli, peppers, carrots, tomatoes, celery, cucumbers, cauliflower, and bean salsa.

HERMAN-NORCROSS COMM. SCHOOL

JANUARY 2023

BREAKFAST
 PK-6 FREE
 7-12 \$2.00
 ADULT \$2.25

LUNCH
 PK-6 \$2.50
 7-12 \$2.75
 ADULT \$5.00

MENU SUBJECT TO CHANGE.
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY EMPLOYER
 ALL MEALS COME WITH 1% OR CHOC MILK

| 2 | 3 | 4 | 5 | 6 |
|--|---|---|---|--|
| NO SCHOOL | Tater Tot Hot dish Green Beans Fruits and Veggies | Pizza Peas Fruits and Veggies | Meat Loaf Mashed Potatoes Corn Fruits and Veggies | Grilled Cheese Tomato Soup Fruits and Veggies |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Nuggets Baked Beans Fruits and Veggies | Taco Corn Fruits and Veggies | Chicken Alfredo Peas Breadstick Fruits and Veggies | Country Fried Steak Mashed Potato/Gravy Biscuit Fruits and Veggies | Italian Dunker Pizza Sauce Candied Carrots Fruits and Veggies |
| 16 | 17 | 18 | 19 | 20 |
| Sloppy Joe/Bun Baked Beans Fruits and Veggies | Walking Taco Green Beans Fruits and Veggies | Chicken Patty/Bun Corn Fruits and Veggies | Mandarin Orange Chicken Rice Peas Fruits and Veggies | Hot Dog/Bun Mac and Cheese Fruits and Veggies |
| 23 | 24 | 25 | 26 | 27 |
| Cheese Burger/Bun Baked Beans Fruits and Veggies | Chicken Taco Corn Fruits and Veggies | Chicken Strips Corn Fruits and Veggies | Pasta with Meat Sauce Peas Bread Stick Fruits and Veggies | Pizza Quesadilla Candied Carrots Fruits and Veggies |
| 30 | 31 | | | |
| Pulled Pork/Bun Baked Beans Fruits and Veggies | Goulash Green Beans Fruits and Veggies | | | |
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 CHOC MILK

| 2 | 3 | 4 | 5 | 6 |
|--|--|---|---|---------------------------------------|
| NO SCHOOL | Pancakes Fruit Juice Milk | Scrambled Eggs Toast Fruit Juice Milk | Breakfast Burrito Fruit Juice Milk | Muffin Fruit Juice Milk |
| 9 | 10 | 11 | 12 | 13 |
| Breakfast Pizza Fruit Juice Milk | Pancake on a stick Fruit Juice Milk | Scrambled Eggs Toast Fruit Juice Milk | French Toast Fruit Juice Milk | Long John Fruit Juice Milk |
| 16 | 17 | 18 | 19 | 20 |
| Breakfast Sandwich Fruit Juice Milk | Biscuit and Gravy Fruit Juice Milk | Scrambled Eggs Toast Fruit Juice Milk | Waffles Fruit Juice Milk | Mini Donut Fruit Juice Milk |
| 23 | 24 | 25 | 26 | 27 |
| Yogurt Parfait Fruit Juice Milk | Breakfast Pizza Fruit Juice Milk | Scrambled Eggs Toast Fruit Juice Milk | Pancakes Fruit Juice Milk | Coffee Cake Fruit Juice Milk |
| 30 | 31 | | | |
| Pancake on a stick Fruit Juice Milk | French Toast Fruit Juice Milk | | | |