

January 2023

Winter

MENU SUBJECT TO CHANGE
WITHOUT NOTICE

Athens High & MS Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL CHRISTMAS BREAK	3 NO SCHOOL CHRISTMAS BREAK	4 NO SCHOOL CHRISTMAS BREAK	5 NO SCHOOL CHRISTMAS BREAK	6 NO SCHOOL CHRISTMAS BREAK
9 Crazy Cheese Bread (28 gm) Broccoli (3 gm) Mandarin Oranges (14 gm) Fresh Pear (25 gm)	10 Sweet&Sour Chicken(12gm) Brown Rice (17 gm) Corn (17 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15)	11 W/G French Bread Pepperoni Pizza(33gm) Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit	12 1 / 2 DAY OF SCHOOL NO LUNCH	13 1 / 2 DAY OF SCHOOL NO LUNCH
16 NO SCHOOL	17 Chicken Tenders (13 gm) W/G Roll (18 gm) Green Peas (16 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15)	18 Calzone Pepperoni (34gm) Corn (17 gm) Baked Beans (20gm) Pineapple Chunks(15gm) Fresh Pear (25 gm)	19 Hot Dog (2 gm) W/G Bun (27 gm) Broccoli (3 gm) Cinn Applesauce (14 gm) Fresh Orange (15 gm)	20 Cheese Pizza Whole Grain (33gm) Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit
23 Chicken Patty (12 gm) W/G Bun (28 gm) Corn (17 gm) Diced Peaches (14 gm) Fresh Apple (red=25, green=15)	24 Bosco Sticks W/G (30 gm) California Blend (3 gm) Baked Beans (20gm) Mandarin Oranges (14 gm) Fresh Pear (25 gm)	25 Spaghetti & Meat Sauce W/G Bread Stick (28 gm) Green Beans (3 gm) Fruit Cocktail (17 gm) Fresh Orange (15 gm)	26 Chicken Quesadillas (32 gm) Brown Rice (17 gm) Broccoli (3 gm) Hot Apples Fresh Banana (27 gm)	27 W/G French Bread Pepperoni Pizza(33gm) Carrots (1 gm) Diced Pears (16 gm) Fresh Fruit
30 Popcorn Chicken(20rm) W/G Roll (18 gm) Broccoli (3 gm) Pineapple Chunks (15 gm) Fresh Banana (27 gm)	31 Corn Dog Nugget (35gm) W/ Roll (18 gm) Corn (17 gm) Baked Beans (20gm) Diced Pears (16 gm) Fresh Banana (27 gm)	Feb. 1 Scalloped Potatoes W/ Ham (23 gm) Greenbeans (3 gm) Fruit Cocktail (17 gm) Fresh Orange (15 gm)	2 Cheese / Hamburger (30/28 gm) W/G Bun French Fries (20 gm) Strawberries (21 gm) Fresh Pear (25 gm)	3 Cheese Pizza Whole Grain (33gm) Carrots (1 gm) Diced Peaches (14 gm) Fresh Fruit

Lunch Option 2

Mon.- Ham & Cheese Sand.
Tues.- Fruit & Yogurt Parfait
Wed.- Chef Salad
Thurs.- Turkey & Cheese Sand.
Fri.- PB & Jelly Sandwich
Offered Daily
Assorted Low Fat Milk

School News
Lunch Prices -
Students Free
Adult... \$5.15
Milk... \$0.50
High School & Middle School
Fresh Fruit and Fresh Vegetables.

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

All Menus Subject To Change Due To Deliveries or Shortages.

Happy
New
Year