

JANUARY 2023

St Francis Xavier Catholic School



Reduced Lunch: \$0.40
Paid Lunch \$4.00
Extra Main Entrée: \$1.00
Milk (white or chocolate): \$0.50



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL

2

Super Nachos
 Whole grain chips
 Chuckwagon corn
 Fruit
 Choice of milk

3

National Spaghetti Day

4

Spaghetti w/ meat sauce
 Whole grain roll
 Green beans
 Pear Halves
 Choice of milk

Pulled Pork on WG Bun
 WG Chips
 Baby Carrots
 Fresh Fruit
 Choice of Milk

5

WG Pancakes
 Scrambled Eggs
 Fruit
 Hashbrowns
 Choice of Milk

6

Hamburger on WG Bun
 WG Chips
 Baked Beans
 Fruit
 Choice of Milk

9

Chili
 Cinnamon Rolls
 Baby Carrots
 Fruit
 Choice of Milk

10

Chicken Nuggets
 Fries
 Side Salad
 Fruit
 Choice of Milk

11

Macaroni and Cheese
 BBQ Meatballs
 Seasoned Peas
 Fruit
 Choice of Milk

12

Cheese Pizza
 Garden Salad
 Grape Tomatoes/Cucumbers
 Fruit
 Choice of Milk

13

NO SCHOOL

16

Cheeseburgers
 Fries
 Baked Beans
 Fruit
 Choice of Milk

17

Baked Beef Crisпитos
 Refried Beans
 Chuckwagon Corn
 Fruit
 Choice of Milk

18

Biscuits and Gravy
 Sausage Patty
 Hashbrown
 Fruit
 Choice of milk

19

National Cheese Lover's Day

Baked Potato Soup
 Grilled Cheese Sandwich
 Baby Carrots
 Choice of Milk

20

Chili Dogs
 French Fries
 Baby Carrots
 Fruit
 Choice of Milk

23

Chicken Parmesan
 WG Pasta
 Broccoli
 Fruit
 Garlic Breadstick
 Choice of Milk

24

Pepperoni Pizza
 Side Salad
 Cucumbers/Tomatoes
 Fruit
 Chocolate Chip Cookie
 Choice of Milk

25

Salisbury Steak
 Mashed Potatoes
 Corn
 Fruit
 WG Roll
 Choice of Milk

26

Breakfast Burrito
 Potato Rounds
 Fruit
 Yogurt
 Choice of Milk

27

Soft Taco
 Tomato Salsa
 Refried Beans
 Applesauce
 Lettuce
 Choice of Milk

30

Corn Dogs
 French Fries
 Green Beans
 Fruit
 Brownie
 Choice of Milk

31



Menu items subject to change without notice

This institution is an equal opportunity provider

