



RUSSELL BYERS CHARTER SCHOOL JANUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022
2.5 OZ SALISBURY STEAK With BROWN GRAVY 1/2 C SEASONED POTATO CUBES 1/2 C GREEN BEANS 1 SL WHOLE WHEAT BREAD 4 OZ UNSWEETENED APPLESAUCE CUP 8 OZ 1% MILK	(3) CHICKEN NUGGETS 1/2 C SEASONED POTATO WEDGES 1/2 C CARROT COINS PC HONEY MUSTARD SAUCE / PC KETCHUP FRESH RED DELICIOUS APPLE 8 OZ 1% MILK	1 OZ TURKEY HAM & 1 OZ AMERICAN CHEESE on 1/2 WHOLE WHEAT PITA 3/4 C FRESH CUCUMBER COINS PC RANCH DRESSING 1/2 C PINEAPPLE CHUNKS 8 OZ 1% MILK	3 OZ BREADED FISH RECTANGLES 1/2 C MAPLE GLAZED SWEET POTATOES 1/2 C BROCCOLI 1 SVG WHOLE WHEAT ROLL 4 OZ MIXED FRUIT CUP 8 OZ 1% MILK	2.5 OZ CHICKEN BREAST ALFREDO 1/2 C ROTINI PASTA 1/2 C STRING BEANS 1 SVG WHOLE WHEAT ROLL FRESH ORANGE 8 OZ 1% MILK
1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022
2 OZ BEEF HAMBURGER 1/2 C VEGETARIAN BAKED BEANS 1/2 C CARROTS WHOLE WHEAT HAMBURGER ROLL PC KETCHUP 4 OZ BERRY APPLESAUCE CUP 8 OZ 1% MILK	(3) BREADED FISH STICKS 1/2 C MACARONI & CHEESE 1/2 C PEAS & CARROTS PC KETCHUP 1 SL WHOLE WHEAT BREAD 4 OZ MIXED FRUIT CUP 8 OZ 1% MILK	1 OZ BEEF BOLOGNA & 1 OZ AMERICAN CHEESE on WHEAT BREAD 3/4 C VEGETABLE PASTA SALAD 1/2 C TROPICAL FRUIT MIX PC MUSTARD 8 OZ 1% MILK	3 OZ CHEESY LASAGNA ROLLUP W/ TOMATO SAUCE 1/2 C SPINACH & CARROTS 1/2 C WARM PEACH CRISP 1 SVG WHOLE WHEAT ROLL 8 OZ 1% MILK	1 OZ TURKEY & 1 OZ AMERICAN CHEESE on 1/2 WHOLE WHEAT PITA 3/4 C COLE SLAW 1/2 C MANDARIN ORANGES 8 OZ 1% MILK
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022
CHEESE PIZZA 1/2 C CAULIFLOWER & CARROTS 1/2 C PEAS 1 SVG WHOLE WHEAT ROLL FRESH BANANA 8 OZ 1% MILK	2.5 OZ CHICKEN BREAST ALFREDO 1/2 C ROTINI PASTA 1/2 C STRING BEANS 1 SVG WHOLE WHEAT ROLL FRESH ORANGE 8 OZ 1% MILK	SLICED CHICKEN ON A WG WRAP 1/2 C MARINATED BROCCOLI SALAD 3/4 C 3 BEAN SALAD 1/2 C MANDARIN ORANGES PC HONEY MUSTARD SAUCE / PC KETCHUP 8 OZ 1% MILK	3 OZ HOME STYLE MEATLOAF w/ GRAVY 1/2 C MASHED POTATOES 1/2 C PEAS 1 SL WHOLE WHEAT BREAD 4 OZ DICED PEAR CUP 8 OZ 1% MILK	3 OZ BREADED FISH RECTANGLES 1/2 C MAPLE GLAZED SWEET POTATOES 1/2 C BROCCOLI 1 SVG WHOLE WHEAT ROLL FRESH APPLE 8 OZ 1% MILK
1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022
(3) CHICKEN NUGGETS 1/2 C SEASONED POTATO WEDGES 1/2 C CARROT COINS PC HONEY MUSTARD SAUCE / PC KETCHUP FRESH RED DELICIOUS APPLE 8 OZ 1% MILK	3/4 C MACARONI & CHEESE 1/2 C SCALLOPED TOMATOES 1/2 C GREEN BEANS 1 SVG WHOLE WHEAT ROLL FRESH GRANNY SMITH APPLE 8 OZ 1% MILK	1 OZ TURKEY HAM & 1 OZ AMERICAN CHEESE on 1/2 WHOLE WHEAT PITA 3/4 C FRESH CUCUMBER COINS PC RANCH DRESSING 1/2 C PINEAPPLE CHUNKS 8 OZ 1% MILK	3 OZ SLICED TURKEY w/ GRAVY 1/2 C HERBED STUFFING 1/2 C GREEN BEANS 1 SL WHOLE WHEAT BREAD 4 OZ SEASONAL FRESH FRUIT CUP 8 OZ 1% MILK	(3) BREADED FISH STICKS 1/2 C MACARONI & CHEESE 1/2 C PEAS & CARROTS PC KETCHUP 1 SL WHOLE WHEAT BREAD FRESH ORANGE 8 OZ 1% MILK
1/31/2022				
2.5 OZ SALISBURY STEAK With BROWN GRAVY 1/2 C SEASONED POTATO CUBES 1/2 C GREEN BEANS 1 SL WHOLE WHEAT BREAD 4 OZ UNSWEETENED APPLESAUCE CUP 8 OZ 1% MILK				
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER				
ALL FRUIT CUPS ARE PACKED IN 100% NATURAL JUICE				