

SOUTHERN WELLS ELEMENTARY SCHOOL

WINTER MENU

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken tenders Applesauce Mashed potatoes Red peppers B/B Milk	Cheese omelet French tst sticks Oranges Hash browns Celery Milk	Grilled cheese Pears French fries Fresh broccoli Milk	Corn dog Mixed fruit Baked beans Chips Carrots Milk	Rectangle pizza Peaches Peas Cherry tomatoes Milk
Week 2	Cheeseburger French fries Applesauce Cucumbers Milk	Taco Tuesday Mixed fruit Refried beans Celery Tortilla chips Milk	Spaghetti Bosco Pears Lettuce Red peppers Milk	Chicken and noodles Mashed potatoes Apple Green beans Roll/butter Milk	Chicken nuggets Peaches Corn Carrots B/B Milk
Week 3	Hot dog on a bun Applesauce Mac/cheese Green beans Red/green peppers and Milk	Salisbury Steak w/gravy Mixed fruit Mashed potatoes Carrots Roll/butter and Milk	Br. Chicken sand Pears Baked beans Cooked broccoli Milk	Sausage patties Pancakes or waffles Juice cup Celery Hash brown Milk	Stuffed crust pizza Peaches Corn Cherry tomatoes Milk
DATES	<u>WEEK 1</u> 1/2 3/27 1/23 4/17 2/13 5/8 3/6	<u>WEEK 2</u> 1/9 4/3 1/30 4/24 2/20 5/15 3/13	<u>WEEK 3</u> 1/16 4/10 2/6 5/1 2/27 5/22 3/20	<u>Sack lunch option</u> M/T/Th/F Uncrustable, cheese stick, chips W- Pizza lunchable Fruit, veggies and Milk	<u>Chef salad option</u> Available daily 6" clam shell w/lettuce, ham and cheese, Fruit, veggies and Milk

FRESH VEGETABLES SERVED DAILY (STUDENTS MUST PICK A FRUIT OR VEGETABLE DAILY)