

SOUTHERN WELLS JR/SR HIGH SCHOOL

WINTER/SPRING MENU

2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken tenders Hot/spicy tenders Applesauce Mashed potatoes Baked beans B/B and Milk	Sausage gravy or Cheese omelet Biscuit, Mixed fruit Hash browns Carrots Milk	Loaded fries' w/taco meat or BBQ pork Garlic bread Pears Green beans, peppers Milk	Soup/Salad Bar Grilled cheese Lettuce salad Oranges Cherry tomatoes Milk	Rectangle pizza or Chicken quesadilla Peaches Peas Celery Milk
Week 2	Cheeseburger or BBQ pork sand French fries Applesauce Cucumbers Milk	Taco Tuesday or Chicken Fajita Tortilla chips Mixed fruit, refried beans, Spanish rice Celery and Milk	Spaghetti or Scalloped Potatoes w/ham Bosco Pears, lettuce Red peppers and Milk	Chicken noodles or Chicken breast Mashed potatoes Apple Green beans Roll and Milk	Chicken nuggets or Fish nuggets Peaches Corn Assorted veggies B/B and Milk
Week 3	Country fried stk or coney dog applesauce Mac/cheese Green beans Red peppers Milk	Salisbury Steak or Chicken breast Mixed fruit Mashed potatoes Carrots Roll/butter and Milk	Br. Chicken or Hot/Spicy sand Pears Baked beans Cooked broccoli Milk	Sausage patties or Egg casserole Pancakes or waffles Juice cup, celery Hash brown Milk	Stuffed crust pizza Corn dog Peaches Corn Cherry tomatoes Milk
DATES	<u>WEEK 1</u> 1/2 3/2 1/23 4/17 2/13 5/8 3/6 Menus subject to change!	<u>WEEK 2</u> 1/9 4/3 1/30 4/24 2/20 5/15 3/13 Must pick fruit or Vegetable!	<u>WEEK 3</u> 1/16 4/10 2/6 5/1 2/27 5/22 3/20	<u>Sack lunch option</u> Available daily Uncrustable Cheese stick, chips Fruit, veggies and Milk	<u>Chef salad option</u> Available daily Lettuce, ham, cheese, fruit, veggies fish crackers, croutons and Milk