

# JANUARY 2023

## Ponce de Leon High School

### LUNCH



**SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.**



**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

NO SCHOOL

2

### TUESDAY

NO SCHOOL

3

### WEDNESDAY

Burrito  
Corn  
Lettuce Bowl

4

### THURSDAY

Chili  
Grilled Cheese Sand.  
Carrots w/ Ranch  
Apple Crisp

5

### FRIDAY

Saucy Chicken  
Chips  
Celery w/ Ranch  
Baked Beans

6

Nuggets  
Mashed Potatoes  
Steamed Broccoli  
Dinner Roll

9

Hamburger  
French Fries  
Lettuce/Tomato

10

Cheesy Chicken  
Corn  
Black Beans  
Doritos

11

Cheesy Meatball Pasta  
Steamed Green Beans  
Breadstick

12

Mini Corn Dogs  
Mac & Cheese  
Carrots w/ Ranch  
Peach Cobbler

13

NO SCHOOL

16

Chicken Sandwich  
French Fries  
Lettuce

17

Taco Salad  
Doritos  
Corn  
Lettuce  
Cookie

18

Spaghetti  
Steamed Green Beans  
Salad w/ Ranch  
Breadstick

19

BBQ Sandwich  
Chips  
Coleslaw  
Baked Beans

20

Cheesy Chicken Pasta  
Steamed Broccoli  
Breadstick

23

Hot Dog  
French Fries  
Coleslaw

24

Pizza  
Corn  
Salad w/ Ranch

25

Chicken Noodles  
Peas & Carrots  
Roll

26

Hot Pocket  
Steamed Green Beans  
Carrots w/ Ranch  
Cookie

27

Tex Mex Pasta  
Corn  
Bread Stick

30

Meatball Sub  
French Fries  
Carrots w/ Ranch

31

