

# JANUARY 2022

## Central Springs CSD

This institution is an equal opportunity provider.

This menu is subject to change.

All meals are served with a choice of  
1%, fat free and fat free chocolate milk.

Monday	Tuesday	Wednesday	Thursday	Friday
No School <b>3</b>	Pancakes, fruit, juice <b>4</b> Chicken patty on bun Tiger fries Broccoli w/cheese Fruit cup	Cereal bar, yogurt, fruit, juice <b>5</b> Crispito / cheese / salsa Potato stars Lettuce salad w/ranch dressing oranges	Biscuit & gravy, fruit, juice <b>6</b> Tator tot casserole Peas & carrots Peaches Cottage cheese Bread & butter	Cold cereal, donut, fruit, juice <b>7</b> Hot dog on bun Hash brown Corn Mixed fruit
Sausage & cheese bkft sandwich, fruit, juice <b>10</b> Chicken & noodles Mashed potatoes Baked beans Strawberries & bananas Dinner roll	Pancakes, fruit, juice <b>11</b> Hamburger on bun Potato wedges Carrots Rosy applesauce	Cereal bar, yogurt, fruit, juice <b>12</b> Chicken fajita / lettuce & cheese Pepper strips rice pineapple	Biscuit & gravy, fruit, juice <b>13</b> Shrimp poppers Lettuce salad w/ French dressing Marinated veggie salad Pears (HS-breadstick)	Cold cereal, donut, fruit, juice <b>14</b> Bbq rib on bun Cheesy potatoes Cole slaw Jello w/fruit
Sausage & cheese bkft sandwich, Fruit, juice <b>17</b> Taquito Refried beans Potato smiles California blend Apple slices	Pancakes, fruit, juice <b>18</b> Chicken giggles French fries Corn Mandarin oranges Dinner roll	Cereal, yogurt, fruit, juice <b>19</b> Goulash Green beans Lettuce salad w/ italian dressing Mixed fruit Bread & butter	Biscuit & gravy, fruit, juice <b>20</b> ham & cheese sandwich Baked potato Peaches, cottage cheese cookie	Cold cereal, donut, fruit, juice <b>21</b> Chicken noodle soup Crackers Carrots Rosy applesauce Cinnamon roll
Sausage, cheese bkft sandwich, Fruit, juice <b>24</b> Pizza Lettuce salad w/ ranch dressing Broccoli w/cheese pears	Pancakes, fruit, juice <b>25</b> Macaroni & cheese Mixed vegetables Mandarin oranges breadstick	Cereal bar, yogurt, fruit, juice <b>26</b> Burrito / cheese sauce California blend Tator tots Pineapple	Biscuit & gravy, fruit, juice <b>27</b> Chicken drumstick Au gratin potatoes Spinach salad Fruit cup Bread & butter	Cold cereal, donut, fruit, juice <b>28</b> Chili Crackers Mixed vegetables Applesauce Cinnamon roll
Sausage, cheese bkft sandwich, Fruit, juice <b>31</b> Spaghetti Lettuce w/ italian dressing Green beans Mixed fruit Garlic toast				

Mon-Bosco, Tues-ham & cheese, Wed-corn dog, Thurs-spicy chicken, Fri-pizza