

# JANUARY 2023

## Lakewood City Schools 9-12

### LUNCH



**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

Winter Break!

2

#### TUESDAY

Whole Grain Pizza,  
Sliced Carrots,  
Diced Pears,  
Milk

3

#### WEDNESDAY

Cheeseburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

4

#### THURSDAY

Maple Pancake Wraps,  
Potato Stars,  
Orange Juice,  
Milk

5

#### FRIDAY

Stuffed Crust Pizza,  
Green Beans,  
Sliced Peaches,  
Milk

6

Grilled Chicken Sandwich,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

9

Pepperoni Pizza Ripper,  
Green Beans,  
Peaches,  
Milk

10

Hamburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

11

Chicken Nuggets,  
Cut Corn,  
Fruit Cocktail,  
Milk

12

Soft Shell Turkey Taco,  
Carrots,  
Pears,  
Milk

13

MLK Day!  
No school

16

Grilled Chicken Salad,  
Diced Pears,  
Baby Carrots,  
Milk

17

Hamburger,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

18

Breaded Chicken Patty,  
Cut Corn,  
Fruit Cocktail,  
Milk

19

Cheese Pizza,  
Green Beans,  
Sliced Peaches,  
Milk

20

Chicken Nuggets,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

23

Fiestada Pizza,  
Sliced Carrots,  
Diced Pears,  
Milk

24

Mini Chicken Corn Dogs,  
Vegetarian Beans,  
Pineapple Tidbits,  
Milk

25

Maple Pancake Wraps,  
Potato Stars,  
Orange Juice,  
Milk

26

Pepperoni Pizza Ripper,  
Green Beans,  
Sliced Peaches,  
Milk

27

Breaded Chicken Patty,  
Broccoli Cuts,  
Mandarin Oranges,  
Milk

30

Lasagna Roll Up,  
Garlic Bread,  
Green Beans,  
Peaches,  
Milk

31

