

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Student Holiday!</b> <sup>3</sup>	<sup>4</sup> Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>5</sup> Honey Bun/Turkey Sausage 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>6</sup> Egg/Bacon/Toast 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>7</sup> Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
<sup>10</sup> Whole Grain Cereal /Oatmeal Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>11</sup> Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>12</sup> Honey Bun/Turkey Sausage 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>13</sup> Chicken/Biscuit 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>14</sup> Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
<sup>17</sup> <b>MLK Day!</b>	<sup>18</sup> Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>19</sup> Honey Bun/Turkey Sausage 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>20</sup> Egg/Bacon/Toast 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>21</sup> Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
<sup>24</sup> Whole Grain Cereal /Oatmeal Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>25</sup> Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	<sup>26</sup> Honey Bun/Turkey Sausage 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>27</sup> Chicken/Biscuit 100 % Fruit Juice Fresh Fruit Variety of Milk	<sup>28</sup> Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
<sup>31</sup> Whole Grain Cereal /Oatmeal Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk				

# JANUARY 2022

## Karnack Elementary

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Student Holiday!</b>	<b>3</b> Vegetable Beef Soup/Cheese Ranch Beans Garden Salad Diced Peaches Variety of Milk	<b>5</b> Salisbury Steak Mashed Potatoes/Gravy Green Beans Mandarin Oranges Variety of Milk	<b>6</b> Chili Dogs Green Peas Tater Tots Diced Pears Variety of Milk	<b>7</b> Hamburger/PB&J Sandwich Burger Salad Oven Fries Carrots/Ranch Side Kick Variety of Milk
<b>10</b> Pepperoni Pizza/Bosco Sticks Broccoli/Cheese Oven Fries Applesauce Variety of Milk	<b>11</b> Steak & Cheese Tornado Salsa/Garden Salad Refried Beans Steamed Corn Diced Peaches Variety of Milk	<b>12</b> Steak Fingers Mashed Potatoes/Gravy Green Beans Mandarin Oranges Variety of Milk	<b>13</b> Ground Beef & Macaroni Corn Bread Muffins Green Peas Diced Pears Variety of Milk	<b>14</b> BBQ Rib Patty/PB&J Sandwich BBQ Baked Beans Oven Fries Carrots/Ranch Side Kick Variety of Milk
<b>17</b> <b>MLK DAY!</b>	<b>18</b> Crispitos Salsa/Garden Salad Refried Beans Steamed Corn Diced Peaches Variety of Milk	<b>19</b> Fried Chicken/Corn Bread Sweet Potatoes Turnip Greens Pinto Beans Mandarin Oranges Variety of Milk	<b>20</b> Breaded Steak Sandwich Green Beans Tater Tots Diced Pears Variety of Milk	<b>21</b> Hamburger/PB&J Sandwich Burger Salad Oven Fries Carrots/Ranch Side Kick Variety of Milk
<b>24</b> Mini Corn Dog Tater Tots Broccoli/Cheese Pineapple Tidbits Variety of Milk	<b>25</b> Chicken Quesadillas Salsa/Garden Salad Refried Beans Steamed Corn Diced Peaches Variety of Milk	<b>26</b> Chicken Strips Mashed Potatoes/Gravy Green Beans Mandarin Oranges Variety of Milk	<b>27</b> Beefy Spaghetti/Garlic Bread Ranch Beans Garden Salad Diced Pears Variety of Milk	<b>28</b> BBQ Rib Patty/PB&J Sandwich BBQ Baked Beans Oven Fries Carrots/Ranch Side Kick Variety of Milk
<b>31</b> Chicken Nuggets Tater Tots Broccoli/Cheese Applesauce Variety of Milk				

This Institution is an Equal opportunity provider.