

JANUARY 2023

Elementary Schools

Monday	Tuesday	Wednesday	Thursday	Friday
No School 2	No School 3	*Hot Dog on WG Bun 4 Confetti Fries Assorted Fruit *Hamburger on WG Bun *PBJ Uncrustable	*Soft Chicken Tacos 5 Seasoned Veggies Fresh Fruit *Hamburger on WG Bun *PBJ Uncrustable	*Assorted Pizza 6 Broccoli Assorted Fruit *Hamburger on WG Bun *PBJ Uncrustable
*Lasagna Roll-Up w/ Garlic Knot Green Beans Assorted Fruit *Yogurt Munchable *PBJ Uncrustable 9	*Beef Nachos 10 Refried Beans Fresh Fruit *Yogurt Munchable *PBJ Uncrustable	National Milk Day 11 *Chicken Nuggets w/ Roll Cheesy Au Gratin Potatoes Assorted Fruit *Yogurt Munchable *PBJ Uncrustable	*Pot Pie w/ Funnel Cake 12 Rocket Garden Salad Fresh Fruit *Yogurt Munchable *PBJ Uncrustable	Early Dismissal 13 <u>TO-GO LUNCH K-6</u> *Yogurt Munchable *PBJ Uncrustable Assorted Veggies Assorted Fruit
No School 16	*Chicken Patty Sandwich 17 Corn Fresh Fruit *Corn Dog *PBJ Uncrustable	*Teriyaki Meatballs w/ Veggie Fried Rice 18 Broccoli Assorted Fruit *Corn Dog *PBJ Uncrustable	National Popcorn Day 19 Tooth-Healthy Lunch NSE: Lillian Wherley *Shrimp Poppers w/ Noodles optional cheddar cheese Cucumbers Strawberry Cup *Corn Dog or *PBJ Uncrustable	*Assorted Pizza 20 Mixed Veggies Assorted Fruit *Corn Dog *PBJ Uncrustable
National Pie Day 23 *Fish Sticks w/ Mac & Cheese Carrots Assorted Fruit "Deconstructed" Blueberry Pie *Turkey Sandwich *PBJ Uncrustable	*French Toast Sticks 24 w/ Sausage Tater Tots Fresh Fruit *Turkey Sandwich *PBJ Uncrustable	*Western Burger 25 Bacon Cheeseburger with Onion Rings & BBQ sauce on the side Baked Beans Assorted Fruit *Turkey Sandwich *PBJ Uncrustable	*Roast Pork w/ Roll 26 Sauerkraut Mashed Potatoes Applesauce / Fresh Fruit *Turkey Sandwich *PBJ Uncrustable	*Assorted Pizza 27 Mixed Veggies Assorted Fruit *Turkey Sandwich *PBJ Uncrustable
*Grilled Cheese 30 Tomato Soup w/ crackers Broccoli Assorted Fruit *Yogurt Munchable *PBJ Uncrustable	*Chicken Tenders w/ Roll 31 Sweet Potatoes PA Harvest of the Month Fresh Fruit *Yogurt Munchable *PBJ Uncrustable	<p>*Universal Free* Breakfast Menu:</p> <p>Monday: Whole-Grain Muffin Variety of cold options available daily</p> <p>Tuesday: Whole-Grain Pastry</p> <p>Wednesday: French Toast Sticks Choice of fruit, 100% juice & milk</p> <p>Thursday: Whole-Grain Pastry #FuelUpRockets</p> <p>Friday: Breakfast Egg Sandwich</p>		

*Choice of milk:
low-fat white, chocolate
and nonfat strawberry

Free & Reduced Meal Applications are
available on the
district website or at www.compass.state.pa.us

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
 MySchoolBucks.com