

# JANUARY 2023

## High School Food Court

Monday	Tuesday	Wednesday	Thursday	Friday
<b>No School</b> 2	<b>No School</b> 3	*Hot Dog on WG Bun Confetti Fries Vegetarian Chili Assorted Fruit 4	*Chicken Bruschetta Pasta w/ Roll Broccoli Fresh Fruit 5	*Assorted Pizza Steamed Cali Blend Assorted Fruit 6
*Lasagna Roll-Up w/ Garlic Knot Green Beans Assorted Fruit 9	*Beef Nachos toppings bar Refried Beans Fresh Fruit 10	National Milk Day *Chicken Tenders w/ Roll Cheesy Au Gratin Potatoes Assorted Fruit 11	*Pot Pie w/ Funnel Cake Rocket Garden Salad Fresh Fruit 12	Early Dismissal 13
<b>No School</b> 16	*Meatball Sub mozzarella cheese optional Corn Fresh Fruit 17	*Chicken Corn Soup w/ Max Cheese Stick (2/srv) Broccoli Assorted Fruit 18	National Popcorn Day *Shrimp Poppers w/ Rice optional cheddar cheese Green Beans Fresh Fruit 19	*Assorted Pizza Steamed Mixed Veggies Assorted Fruit 20
National Pie Day *Fish Sticks w/ Mac & Cheese Carrots Assorted Fruit "Deconstructed" Blueberry Pie 23	Lunar/Chinese New Year (22 <sup>nd</sup> ) *General Tso Chicken & Veggie Fried Rice Broccoli Fresh Fruit 24	*Western Burger Bacon Cheeseburger with Onion Rings & BBQ sauce on the side Baked Beans Assorted Fruit 25	*Roast Pork w/ Roll Sauerkraut Mashed Potatoes Applesauce Fresh Fruit 26	*Assorted Pizza Seasoned Mixed Veggies Assorted Fruit 27
*Grilled Cheese Tomato Soup w/ crackers Broccoli Assorted Fruit 30	*BBQ Pulled Pork (Sandwich) Sweet Potatoes PA Harvest of the Month Fresh Fruit 31	<p><b>*Universal Free* Breakfast Menu: *Open until 9:30am*</b></p> <p><b>Monday:</b> Whole-Grain Pastry Assorted cold options available.</p> <p><b>Tuesday:</b> Breakfast Pizza</p> <p><b>Wednesday:</b> French Toast Sticks Choice of fruit, 100% juice &amp; milk</p> <p><b>Thursday:</b> Whole-Grain Pastry #FuelUpRockets</p> <p><b>Friday:</b> Breakfast Sandwich</p>		

Free & Reduced Meal Applications are available on the district website or at [www.compass.state.pa.us](http://www.compass.state.pa.us)

\*Choice of milk: low-fat white, chocolate, and nonfat strawberry  
 Your Lunch- Your Way  
 3 USDA components with at least 1 serving of fruit or vegetables = a complete meal!  
 Self-Service: Salads\*Fruit Bar\*Veggie Bar\*Grab'n'Go Sandwiches

MY SCHOOL BUCKS PAY FOR MEALS ONLINE  
 MySchoolBucks.com