

JANUARY 2023

Intermediate School

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>No School 2</p> <p><i>*Choice of milk: low-fat white, chocolate and nonfat strawberry</i></p>	<p>No School 3</p>	<p>*Hot Dog on WG Bun 4 Confetti Fries Assorted Fruit</p> <p>*Hamburger on WG Bun *PBJ Uncrustable</p>	<p>*Chicken Alfredo w/ Roll 5 Mixed Veggies Fresh Fruit</p> <p>*Hamburger on WG Bun *PBJ Uncrustable</p>	<p>*Assorted Pizza 6 Broccoli Assorted Fruit</p> <p>*Cook's Choice *PBJ Uncrustable</p>
<p>*Lasagna Roll-Up w/ Garlic Knot 9 Green Beans Assorted Fruit *Yogurt Munchable *PBJ Uncrustable</p>	<p>*Beef Tacos 10 Refried Beans Fresh Fruit *Yogurt Munchable *PBJ Uncrustable</p>	<p><i>National Milk Day</i> 11</p> <p>*Chicken Tenders w/ Roll <i>Cheesy</i> Au Gratin Potatoes Assorted Fruit</p> <p>*Chef Salad w/ Roll *PBJ Uncrustable</p>	<p>*Pot Pie w/ Funnel Cake 12 Rocket Salad Fresh Fruit</p> <p>*Cook's Choice *PBJ Uncrustable</p>	<p>Early Dismissal 13 <i>TO-GO LUNCH K-6</i> *Yogurt Munchable *PBJ Uncrustable Assorted Veggies Assorted Fruit</p>
<p>No School 16</p>	<p>*Chicken Patty Sandwich 17 Corn Fresh Fruit</p> <p>*Ham & Cheese Sandwich *PBJ Uncrustable</p>	<p>*Teriyaki Meatballs w/ Veggie Fried Rice 18 Broccoli Assorted Fruit</p> <p>*Chef Salad w/ Roll *PBJ Uncrustable</p>	<p><i>National Popcorn Day</i> 19</p> <p>*Shrimp Poppers w/ Buttered Noodles Steamed Carrots Fresh Fruit</p> <p>*Ham & Cheese Sandwich *PBJ Uncrustable</p>	<p>*Assorted Pizza 20 Mixed Veggies Assorted Fruit</p> <p>*Cook's Choice *PBJ Uncrustable</p>
<p><i>National Pie Day</i> 23</p> <p>*Fish Sticks w/ Mac & Cheese Carrots Assorted Fruit <i>"Deconstructed" Blueberry Pie</i></p> <p>*Turkey & Cheese Sandwich *PBJ Uncrustable</p>	<p>*French Toast Sticks w/ Sausage 24 Tater Tots Fresh Fruit</p> <p>*Turkey & Cheese Sandwich *PBJ Uncrustable</p>	<p>*Western Burger 25 <i>Bacon Cheeseburger with Onion Rings & BBQ sauce on the side</i></p> <p>Baked Beans Assorted Fruit</p> <p>*Chef Salad w/ Roll *PBJ Uncrustable</p>	<p>*Roast Pork w/ Roll 26 Sauerkraut Mashed Potatoes Applesauce / Fresh Fruit</p> <p>*Turkey & Cheese Sandwich *PBJ Uncrustable</p>	<p>*Assorted Pizza 27 Mixed Veggies Assorted Fruit</p> <p>*Cook's Choice *PBJ Uncrustable</p>
<p>*Grilled Cheese 30 Tomato Soup w/ crackers Broccoli Assorted Fruit</p> <p>*Yogurt Munchable *PBJ Uncrustable</p>	<p>*Stromboli 31 Sweet Potatoes <i>PA Harvest of the Month</i> Fresh Fruit</p> <p>*Ham & Cheese Sandwich *PBJ Uncrustable</p>	<p>*Universal Free*Breakfast Menu:</p> <p>Monday: Whole-Grain Muffin <i>Variety of cold options available daily</i></p> <p>Tuesday: Whole-Grain Pastry</p> <p>Wednesday: French Toast Sticks <i>Choice of fruit, 100% juice & milk</i></p> <p>Thursday: Whole-Grain Pastry</p> <p>Friday: Breakfast Egg Sandwich</p> <p style="text-align: right;">#FuelUpRockets</p>		

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

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 MySchoolBucks.com