

# JANUARY 2023

# Jenison Christian School

# LUNCH



**Lunch Prices: \$2.85**  
**Staff/Adult Meals- \$4.35**  
**Extra Entrée- \$1.15 Milk Only- \$0.50**



**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

2

## TUESDAY

3

## WEDNESDAY

4

## THURSDAY

5

## FRIDAY

6

Choice 1: Pulled Pork Sandwich, Baked Beans, Seasonal Veggies, Fruit

9

Choice 2: Cocoa Puffs Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit

10

Choice 2: Stuffed Pizza Stick Bag

**National Milk Day**  
 Choice 1: Nachos- Chips, Taco Meat, Salsa, Cheese, Refried Beans, Spanish Rice, Romaine Lettuce, Fruit

11

Choice 2: Turkey & Cheese Sandwich Bag

Choice 1: Mini Pancakes, Sausage, Hash Brown, Fruitables Juice, Orange Juice

12

Choice 2: Nacho Bag

Choice 1: Domino's Pizza, Broccoli, Seasonal Veggies, Fruit

13

Choice 2: Chicken Sandwich Bag

Choice 1: 3 Cheese Cavatappi, Garlic Breadstick, Broccoli, Seasonal Veggies, Fruit

16

Choice 2: Bagel Bag

Choice 1: Chicken Drumstick, Garlic Mashed Potatoes, Dinner Roll, Green Beans, Fruit

17

Choice 2: Soft Pretzel Bag

Choice 1: Hot Dog on Bun, Baked Beans, Seasonal Veggies, Fruit

18

Choice 2: Breakfast Bag

Choice 1: Chocolate Chip French Toast, Sausage, Fruitables, Potato Cubes, Orange Juice

19

Choice 2: Ham & Cheese Wrap Bag

**National Cheese Lover's Day**  
 Choice 1: Domino's Pizza, Peas, Seasonal Veggies, Fruit

20

Choice 2: Turkey & Cheese Sandwich Bag

Choice 1: Macaroni and Cheese, Broccoli, Garlic Breadstick, Seasonal Veggies, Fruit

23

Choice 2: Cocoa Puffs Bag

**National Compliment Day**  
 Choice 1: Chicken Wings, Corn, Seasonal Veggies, Dinner Roll, Fruit

24

Choice 2: Nacho Bag

Choice 1: Mini Waffles, Sausage, Fruitables, hash brown, Orange Juice

25

Choice 2: Stuffed Pizza Stick Bag

Choice 1: "Sub-r-Way"- choose from Ham or Turkey w/ your choice of toppings. fruit, Sun Chips

26

Choice 2: Chicken Sandwich Bag

Choice 1: Domino's Pizza, Green Beans, Seasonal Veggies, Fruit

27

Choice 2: Ham & Cheese Wrap Bag

Choice 1: Mozzarella Sticks, Marinara Sauce, Cooked Carrots, Fruit

30

Choice 2: Breakfast Bag

Choice 1: Hamburger on Bun, Smiles, Seasonal Veggies, Fruit

31

Choice 2: Turkey & Cheese Sandwich Bag

