

January Menu TJS 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO School	3 Oatmeal, String Cheese, Fruit Cocktail, Juice Lunch: Chicken Nuggets, Cooked Carrots, Peaches	4 Muffin, Smoothie, Mandarin Oranges Lunch: Sloppy Joes, w/g bun, Roasted Potatoes, Pineapple	5 French Toast, Turkey Bacon, Mango & juice Lunch: Lo Mein, Blended Veggies, Oranges	6 English Muffin, Egg, fruit & Juice Lunch: Pizza, Peas & Carrots
9 Bagel, Grape Smoothie, & Peaches Lunch: Chicken Patty Sandwich, Chef's Blend Veggies, Fruit Cocktail	10 Pancakes, Turkey Sausage, pears, Juice Mashed Potatoes w/Gravy, Meatballs, Roll, Applesauce	11 Scone, Apple/Orange Smoothie, & Pineapple Lunch: Taco on W/G Tortilla, Black Beans, Corn, Mandarin Oranges	12 Turkey Sausage, Biscuit, Banana &, Juice Lunch: Orange Chicken, Cilantro Lime Rice, Broccoli, Apple Slices	13 Parfait, granola & Gold fish Cracker. & Juice Lasagna Roll, Garlic Toast, Brussel Sprouts, Fruit
16 No School	17 Pancakes, Turkey Sausage, Applesauce, Juice Lunch: Fish Sticks, Green beans, Pears	18 Muffin, Raspberry Peach Smoothie, & Mandarin Oranges Lunch: Hamburgers on W/G Bun, Sweet Potato fries, Pineapple	19 French Toast, Turkey Bacon, Fresh Fruit & juice Lunch: Pasta Pizza Hotdish, Carrots/Peas, Orange Slices	20 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice Lunch: Corn Dog, Broccoli & Cauliflower Salad, Mixed Fruit
23 Cinnamon Roll, Pear & Orange Smoothie, & Peaches Lunch: Baked Chicken, Red Beans, Rice, Greens, Fruit Cocktail	24 Pancakes, Turkey Sausage, pears, Juice Lunch: Grilled Cheese Sandwich, Chicken Noodle Soup, Applesauce	25 Chocolate Chip Muffin Pineapples, & Strawberry & Banana Smoothie Lunch: Tater Tot, W/G Roll, Mandarin Oranges	26 Turkey Sausage, Egg, Biscuit, Banana &, Juice Lunch: Turkey/Cheese Sub on Wg Bun, Pasta/Veggie Salad, Pickles, Apple Slices	27 No School
30 Cereal, Mango Pineapple Smoothie, & Fruit Cocktail Lunch: Chicken BBQ Wrap, Sweet Potato Tot, Peaches				

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate)

Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)

“This Institution is an Equal Opportunity Provider”