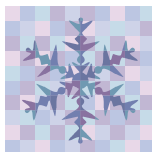


# McKenzie JANUARY



Monday	Tuesday	Wednesday	Thursday
	3 Shepherd's pie Pizza Turkey sandwich	4 <u>Donut Day</u> Nacho bar Cheese or chicken Quesadilla	5 Orange chicken Brown rice Chicken nuggets 6) <u>Friday School</u> Hot dogs w/ chili Cheeseburger
10 Mac & cheese Pizza Yum bowl	11 Nacho bar Burritos	12 Spaghetti & Bread Stick Chicken Nugget	13 BBQ Pork sandwich Cheeseburgers Sweet potato fries
16 <u>No School</u> <u>Martin Luther King Day</u>	17 Fish & fries Pizza Ham sandwich	18 Nacho Bar Tacos	19 Lasagna/ bread sticks Chicken Nuggets 20) <u>Friday School</u> Corn dogs Cheeseburgers
23 Creamy chicken Noodle soup w/ Roll Pizza Yum bowl	24 Nacho Bar Enchiladas	25 Chicken parmesan on Pasta Chicken nuggets Garlic bread sticks	26 Chicken sandwich Cheeseburgers Sweet potato fries
30 Chili & corn bread Pizza Italian sub	31 Nacho bar Cheese or chicken Quesadilla		

Vegetarian options available daily

**LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY**

**"This institution is an equal opportunity provider"**

## **Breakfast Served Daily Before School @ 7:45**

Mon~ Pancake and sausage Wrap

Tues~ Breakfast Sandwich

Wed~ WG French Toast

Thur ~WG Biscuits & Gravy

## **Served Daily**

*Bagels & Yogurt*

Cereal, Fruit, Juice,

NF Chocolate & 1% White

All the vibrant colors in fruit and vegetables come from natural plant chemicals that have healthy effects on our bodies. Different colors have different effects, so it's good to eat a variety of different colors each day.

Offer your kids a colorful snack of different fruits and berries, or chop vegetables into interesting shapes to make them seem more fun and exciting.

# JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>No School</b> New Year's Day observed	3	4	5	6 <b>Friday School</b> Early Release	7
8	9	10	11	12	13	14
15	16 <b>No School</b> Martin Luther King Jr. Day	17	18	19	20 <b>Friday School</b> Early Release	21
22	23	24	25 <b>K-12 Dress up Day</b>	26	27	28
29	30	31 <b>C.A.T.C.H. Day</b>				