PORTALES MUNICIPAL SCHOOLS
7th THRU 12th GRADE
Choice of Fat Free Chocolate (30g),
Fat Free Strawberry (30g), or 1'y, White Milk (13g)
FRUIT AND SALAD BAR OFFERED DAILY

## **JANUARY 2023**

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY 12/8/22				
Chef SALAD Available Daily for lunch  MCNDAY  THESDAY  THESDAY  FRIDAY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BREAKFAST	BREAKFAST	~~BREAKFAST~~
		Waffle, Sliced Apples, Juice	Egg & Cheese English Muffin, Banana, Juice	Pizza, Apple Crisps, Juice
New Year		~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
		Cheeseburger, Fries, Lettuce &	Popcorn Chicken, Mashed Potato,	Hoagie, Lettuce & Tomato, Carrots,
		Tomato, Fresh Fruit	Cucumbers, Gravy, Roll, Pears	Chips, Slushie
		OR	OR	OR
		Asian Chicken, Rice, Broccoli & Carrots, Pineapple	Corn Dog, Baked Beans, Cucumber, Pears	Chicken Wings, Fries, Celery Sticks, Breadsticks, Slushie
9 ~~BREAKFAST~~	10 BREAKFAST	11 BREAKFAST	12 BREAKFAST	13 BREAKFAST
Cheese Filled Bread Stick, Fruit Cup,		Mini Muffin, Egg Bake Bites, Sliced		Pancake Bites. MixZees Dried Fruit.
Juice	Cake Donut, Applesauce, Juice	Apples, Juice	Eggstravaganza Burrito, Banana, Juice	Juice
~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	LUNCH	~~LUNCH~~
Chicken Sandwich, Baked Beans, Broccoli, Mixed Fruit	Pizzaboli Bites, Broccoli, Carrots, Peaches	Lasagne Rollup w/meat sauce, Green Beans, Breadsticks, Fresh Fruit	Steakfingers, Mashed Potato, Gravy, Cucumbers, Roll, Pears	Drumsticks, Macaroni & Cheese, Green Beans, Carrots, Applesauce
OR	OR	OR	OR	OR
Spaghetti, Green Beans, Breadsticks, Mixed Fruit	Beef & Potato Burrito, Pinto Beans, Salad w/Tomato, Peaches	Cheeseburger or Hamburger, Fries, Lettuce & Tomato, Fresh Fruit	Grilled Ham & Cheese Sandwich, Fries, Cucumbers, Pears	Meatball Sub, Fries, Lettuce & Tomato, Applesauce
MARTIN LUTHER LYING JIR.	17 ~~BREAKFAST~~	18BREAKFAST	19 BREAKFAST	20 BREAKFAST
	Benefit Bar, Applesauce, Juice	Cream Cheese Bagel, Sliced Apples, Juice	Egg & Cheese Biscuit, Banana, Juice	Cereal, Cheese Stick, Apple Crisp, Juice
	~~LUNCH~~	LUNCH	~~LUNCH~~ 7-8th Sack lunches	~~LUNCH~~
	BBQ Sandwich, Fries, Broccoli, Mixed Fruit	French Bread Pepperoni Pizza, Green Beans, Fresh Fruit	Chicken Tenders, Mashed Potato, Cucumbers, Gravy, Roll, Peaches	Frito Pie, Corn, Carrots, Applesauce
	OR	OR	OR	OR
	Chicken Fajitas, Refried Beans,	Ram Bowl (Popcorn Chicken, Mashed	Steak Sandwich, Fries, Cucumber,	Chili Dogs, Chips, Carrots, Broccoli,
1929 1968	Carrots, Mixed Fruit	Potato, Corn, Brown Gravy, Cheese),	Peaches	Applsauce
		Biscuit, Fresh Fruit	. 545.135	••
23BREAKFAST	24 BREAKFAST	25 BREAKFAST	26 BREAKFAST	27 ~~BREAKFAST~~
Ultimate Breakfast Round, Fruit Cups, Juice	Morning Roll, Applesauce, Juice	Waffle, Sliced Apples, Juice	Egg & Cheese English Muffin, Banana, Juice	Pizza, Apple Crisps, Juice
	LUNCU	LUNCU		LUNCU
LUNCH	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~	~~LUNCH~~
Chicken Quesadilla, Refried Beans, Salad w/Tomato, Mixed Fruit	Pizza, Broccoli, Carrots, Peaches	Lasagne Rollup w/meat sauce, Green Beans, Breadsticks, Fresh Fruit	Popcorn Chicken, Mashed Potato, Cucumbers, Gravy, Roll, Pears	Hoagie, Lettuce & Tomato, Carrots, Chips, Slushie
OR	OR	OR	OR	OR
Chicken Parmesan, Green Beans, Lettuce & Tomato, Mixed Fruit	Cheese Nachos, Carrots, Broccoli, Peaches	Cheeseburger or Hamburger, Lettuce & Tomato, Fresh Fruit	Corn Dog, Baked Beans, Cucumber, Pears	Chicken Wings, Fries, Celery Sticks, Breadsticks, Slushie
30 ~-BREAKFAST~-	31BREAKFAST			
	District Ad I am			
Cheese Filled Bread Stick, Fruit Cup, Juice	Cake Donut, Applesauce, Juice	FREE	BREAKFAST	AND
~~LUNCH~~	LUNCH			
Chicken Sandwich, Fries, Broccoli, Mixed Fruit	Pizzaboli Bites, Broccoli, Carrots, Peaches	LUNCH	FOR ALL	STUDENTS
OR	OR			
Spaghetti, Green Beans, Breadsticks, Mixed Fruit	Beef & Potato Burrito, Pinto Beans, Salad w/Tomato, Peaches			
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