

JANUARY 2022

TROY ELEMENTARY SCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Tenders Rice Applesauce Cups Milk	4 Baked Chicken Dinner Roll Broccoli Spears Fruit of the Day Milk	5 Cheese Quesadilla W/ Salsa Corn & Black Beans Fruit of the Day Milk	6 French Toast Turkey Sausage Hash Browns Fruit Cup Milk	7 Cheese Pizza Veggie Sticks and Ranch Dip Fruit Choices Milk
10 Chicken Nuggets Rice Carrots Fruit Cup Milk	11 Loaded Nachos Taco Meat w Cheese Black Beans/Salsa Fruit Choices Milk	12 Yogurt Kit Or Sunbutter & Jelly Veggie Sticks Fruit of the Day Milk <i>Early Release Day</i>	13 Baked Chicken French Fries Broccoli Spears Fruit of the Day Milk	14 Cheese Pizza Veggie Sticks and Ranch Dip Apple Slices Milk
17 No School Martin Luther King Day	18 All Beef Hot Dog French Fries Peach Cup Milk	19 Walking Taco Corn/Black Beans Fruit of the Day Milk	20 French Toast Turkey Sausage Hash Browns Fruit Cup Milk	21 Cheese Pizza Veggie Sticks and Ranch Dip Fruit Choices Milk
24 Chicken Patty Sandwich Waffle Fries Fruit of the Day Milk	25 Loaded Nachos Taco Meat w Cheese Black Beans/Salsa Peach Cup Milk	26 Baked Chicken French Fries Green Beans Fruit of the Day Milk	27 Popcorn Chicken Macaroni and Cheese Green Beans Fruit of the Day Milk	28 Cheese Pizza Veggie Sticks and Ranch Dip Fruit Choices Milk
31 Chicken Nuggets Rice Carrots Applesauce Milk				

JANUARY 2022

Breakfast Choices & Alternate Lunch Options

Breakfast Choices:

Bagel with Cream Cheese
Assorted Cereal
Whole Grain Muffin
Cereal Bars/Yogurt
Fruit: 100% Fruit Juice/Fruit of the Day
Choice of Milk

Alternate Lunch Options:

Hummus and Cheese Stick with Pita Chips & Vegetables (served with fruit, choice of milk)
Sunbutter and Jelly Sandwich (served with vegetable, fruit, choice of milk)
Homemade Grilled Cheese Sandwich (served with vegetable, fruit, choice of milk)

Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

January Menu Highlights:

UPDATE: The USDA extended **FREE** meals to all students until June 2022. ****It remains important that families who believe they may qualify for the Free and Reduced Price Meal program submit an application. We want to be sure that all eligible families are enrolled in this program****

