

# Shepherd School District #37

## January Lunch Menu 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>NO SCHOOL TODAY</b>	3  Pizza Sticks 5 Star Salad Bar Fruit MILK - Variety	4  BBQ Chicken Sandwich 5 Star Salad Bar Fruit MILK - Variety	5  French Toast Sticks Sausage Links Hash Brown 5 Star Salad Bar Fruit MILK - Variety	6  Taco in a Bag 5 Star Salad Bar Fruit MILK - Variety
9  Pizza Cheese Pizza pepperoni 5 Star Salad Bar Fruit MILK - Variety	10  Chicken Fajitas 5 Star Salad Bar Fruit MILK - Variety	11  Pork Roast Gravy Mashed Potatoes ROLLS,WHEAT 5 Star Salad Bar Fruit MILK - Variety	12  Country Fried Steak 5 Star Salad Bar Fruit MILK - Variety	13  Grilled Cheese Sand Tomato Soup 5 Star Salad Bar Fruit MILK - Variety
16  Pulled Pork Sandwich 5 Star Salad Bar Fruit MILK - Variety	17  LASAGNA Bread Sticks 5 Star Salad Bar Fruit MILK - Variety	18  Egg Rolls Sweet and Sour Chic RICE 5 Star Salad Bar Fruit MILK - Variety	19  Ham Sandwich Broccoli Cheese Soup 5 Star Salad Bar Fruit MILK - Variety	20  Chrispitos 5 Star Salad Bar Fruit MILK - Variety
23  French Dip Au Jus 5 Star Salad Bar Fruit MILK - Variety	24  Chicken Strips French Fries 5 Star Salad Bar Fruit MILK - Variety	25  Meatball Subs 5 Star Salad Bar Fruit MILK - Variety	26  Chili Cinnamon Rolls 5 Star Salad Bar Fruit MILK - Variety	27  Hot Dog 5 Star Salad Bar Fruit MILK - Variety
30  Oven Fried Chicken 5 Star Salad Bar Fruit MILK - Variety	31  Hamburgers French Fries 5 Star Salad Bar Fruit MILK - Variety			

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

***NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.***