East Prairie Highschool

Lunch

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	**28**	**29**	**30**	**31**
3 Crispy Chicken Tenders Whole Grain Toast Golden Crinkle Cut French Fries Fresh Fruit Bar Mandarin Oranges Variety of Veggies	**4** Chicken and Cheese Quesadilla Refried Beans Diced Pears Fresh Fruit Bar Variety of Veggies	**5** Chicken Patty Salisbury Steak Mashed Potatoes Gravy 2 Dinner Rolls Green Beans Variety of Veggies Fresh Fruit Bar Diced Peaches	**6** Lasagna Cheesy Garlic Toast Steamed Broccoli Mixed Canned Fruit Fresh Fruit Bar Variety of Veggies	**7** Beef Hotdog on a Bun Maple Roasted Apples & Carrots Applesauce Fresh Fruit Bar Variety of Veggies
10 Choice of Hot boneless wings or Barbeque boneless wings Tater Tots Macaroni & Cheese Mandarin Oranges Fresh Fruit Bar Variety of Veggies	**11** Beef & Broccoli Stir Fry Egg Noodles Roasted Zucchini Diced Pears Variety of Veggies Fresh Fruit Bar Bread Stick	**12** Chicken patty and gravy Meatloaf Mashed Potatoes 2 Dinner Rolls Green Beans Fresh Fruit Bar Variety of Veggies Diced Peaches	**13** BBQ Rib Sandwich Baked Beans Mixed Canned Fruit Fresh Fruit Bar Variety of Veggies	**14** Popcorn Chicken Bowl Steamed Corn Applesauce Fresh Fruit Bar Variety of Veggies
17 NO SCHOOL MLK Day	**18** Chicken Bites with Sweet and Sour Sauce Fried Rice Steamed Carrots Diced Pears Fresh Fruit Bar Variety of Veggies	**19** Chicken Patty with Gravy Garden Pasta Alfredo Mashed Potatoes Gravy Whole Grain Dinner Roll Green Beans	**20** Chicken Parmesan w/Pasta Garlic Breadstick Roasted Broccoli Mixed Canned Fruit Fresh Fruit Bar Variety of Veggies	**21** Walking Taco Refried Beans M&M Cookie Variety of Veggies Applesauce Fresh Fruit Bar
24 Pretzel Bites with Cheese Steamed Corn Mandarin Oranges Fresh Fruit Bar Variety of Veggies	**25** Chicken and Cheese Quesadilla Baked Beans Diced Pears Fresh Fruit Bar Variety of Veggies	**26** Chicken Patty with gravy Beef Stroganoff Mashed Potatoes Gravy Steamed Green Beans Whole Grain Dinner Roll Diced Peaches Fresh Fruit Bar Variety of Veggies	**27** Parmesan Chicken Bites Golden Crinkle Cut French Fries Mixed Canned Fruit Fresh Fruit Bar Variety of Veggies	**28** Macaroni & Cheese Bread Stick Steamed Carrots Applesauce Fresh Fruit Bar Variety of Veggies

PRICES

EXTRA INFO

1% white or Chocolate milk included with meal.

Also available daily are options from our Nacho line,Sandwich slide,
pizza parlor pizzas, and our fresh Deli sub and salad bar.
If you have questions or suggestions contact
jennifer.jones@eastprairie.org
573-649-3564x 1312

Your Menus plus more information on our app Taher Food4Life®

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.