

JANUARY 2023

Mescalero Apache School

LUNCH



“This is an equal opportunity institution”



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

MONDAY

No School

2

TUESDAY

No School

3

WEDNESDAY

Corn Dogs
Green Beans
Carrots
Fruit
Milk

4

THURSDAY

Chicken Sandwich
Green Beans
Oven Potatoes
Fruit
Milk

5

FRIDAY

No School

6

Goulash
Broccoli
Mandarin Oranges
Garlic Bread
Milk

9

Beef Nachos
Lettuce and Tomato
Mixed Vegetables
Grapes
Milk

10

Corn Dogss
Cucumbers
Oven Potatoes
Apples
Milk

11

Chicken Strips
Baby Carrots
Green Beans
Bananas
Milk

12

No School

13

No School
MLK Day

16

Chicken Fajitas
Tortilla
Corn
Grapes
Milk

17

Cheeseburgers
Cucumbers
Oven Potatoes
Apples
Milk

18

Steak Fingers
Baby Carrots
Mashed Potatoes w/Gravy
Bananas
Milk

19

No School

20

Spaghetti
Broccoli
Mandarin Oranges
Garlic Bread Milk

23

Chicken Nachos
Lettuce and Tomato
Corn
Grapes
Milk

24

Posole
Cucumbers
Crackers
Apples
Milk

25

Fried Chicken
Baby Carrots
Mashed Potatoes w/ Gravy
Bananas
Milk

26

No School

27

Ravioli
Broccoli
Mandarin Oranges
Garlic Bread Milk

30

Indian Taco
Lettuce and Tomato
Corn
Grapes
Milk

31

