

# January 2023

## Bishop McManus Winter/Spring 2023 Vended

<p style="text-align: right;"><b>02</b></p>	<p style="text-align: right;"><b>03</b></p> <p><b>Entree</b> Chicken Fajita Soft Tacos <b>Vegetables</b> Mexican Street Corn <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>04</b></p> <p><b>Entree</b> Cheesy Baked Pasta <b>Vegetables</b> Fresh Roasted Broccoli with Garlic <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>	<p style="text-align: right;"><b>05</b></p> <p><b>Entree</b> Chicken &amp; Andouille Jambalaya <b>Vegetables</b> Green Beans <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>06</b></p> <p><b>Entree</b> Cheese Pizza <b>Vegetables</b> Steamed Corn <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>
<p style="text-align: right;"><b>09</b></p> <p><b>Entree</b> Chicken Etoufee <b>Vegetables</b> Baked Sweet Potato <b>Fruit</b> Assorted Fruit <b>Grains</b> Rice Pilaf <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>10</b></p> <p><b>Entree</b> Pulled Pork Nachos k-8 Cheese Nachos <b>Vegetables</b> Pinto Beans <b>Fruit</b> Assorted Fruit <b>Grains</b> Mexican Style Rice <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>11</b></p> <p><b>Entree</b> Teriyaki Meatballs <b>Vegetables</b> Orange Ginger Carrots <b>Fruit</b> Assorted Fruit <b>Grains</b> Rice Pilaf <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk <b>Misc.</b> Assorted Salad Dressing</p>	<p style="text-align: right;"><b>12</b></p> <p><b>Entree</b> Beef Cheeseburger <b>Vegetables</b> Tater Puffs/Tater Tots <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>13</b></p> <p><b>Entree</b> Cheese Pizza <b>Vegetables</b> Carrot &amp; Celery Cup with Ranch Dressing <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>
<p style="text-align: right;"><b>16</b></p> <p>Dr. Martin Luther King Day</p>	<p style="text-align: right;"><b>17</b></p> <p><b>Entree</b> Ground Beef Taco Meat <b>Vegetables</b> Fajita Style Peppers &amp; Onions 1/2c O <b>Fruit</b> Assorted Fruit <b>Grains</b> Mexican Style Rice Soft Tortillas <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>18</b></p> <p><b>Entree</b> Arroz con Pollo <b>Vegetables</b> Seasoned/Roasted Carrots <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Low Fat (1%) Milk Fat Free Milk</p>	<p style="text-align: right;"><b>19</b></p> <p><b>Entree</b> Chicken Nuggets &amp; Dinner Roll <b>Vegetables</b> Tater Puffs/Tater Tots <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk 1% Chocolate Milk Fat Free Milk</p>	<p style="text-align: right;"><b>20</b></p> <p><b>Entree</b> Cheese Pizza <b>Vegetables</b> Side Salad <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>
<p style="text-align: right;"><b>23</b></p> <p><b>Entree</b> Turkey Meatloaf <b>Vegetables</b> Green Peas Mashed Potatoes <b>Fruit</b> Assorted Fruit <b>Grains</b> Whole Wheat Dinner Rolls <b>Milk</b> Fat Free Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>24</b></p> <p><b>Entree</b> Ground Beef Burrito <b>Vegetables</b> Black Bean &amp; Corn Salad <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Entree</b> Jerk Chicken <b>Vegetables</b> Fresh Roasted Broccoli with Garlic <b>Fruit</b> Assorted Fruit <b>Grains</b> Rice Pilaf <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>	<p style="text-align: right;"><b>26</b></p> <p><b>Entree</b> Hot Dog <b>Vegetables</b> Tater Puffs/Tater Tots <b>Fruit</b> Assorted Fruit <b>Grains</b> Grilled Cheese Sandwich <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>	<p style="text-align: right;"><b>27</b></p> <p><b>Entree</b> Cheese Pizza <b>Vegetables</b> Carrot &amp; Celery Cup with Ranch Dressing <b>Fruit</b> Assorted Fruit <b>Milk</b> Fat Free Chocolate Milk Low Fat 1% Milk Fat Free Milk</p>
<p style="text-align: right;"><b>30</b></p> <p><b>Entree</b> Salisbury Steak, with Mushroom Gravy Turkey <b>Vegetables</b> Glazed Carrots <b>Fruit</b> Assorted Fruit <b>Grains</b> Rice Pilaf <b>Milk</b> Fat Free Milk Fat Free Chocolate Milk Low Fat 1% Milk</p>	<p style="text-align: right;"><b>31</b></p> <p><b>Entree</b> Cilantro Lime Chicken <b>Vegetables</b> Seasoned Black Beans <b>Fruit</b> Assorted Fruit <b>Grains</b> Mexican Style Rice <b>Milk</b> Fat Free Chocolate Milk Fat Free Milk Low Fat 1% Milk</p>			

This institution is an equal opportunity provider. Menu subject to change.

