



January

2022

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

Pancake Wrap
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**3**  
Chicken Nuggets  
Steak Burger  
Mashed Potatoes/Gravy  
Carrot Coins  
Whole Grain Roll  
New Year's Frozen Juice

### Tuesday

Pig-in-a-Blanket  
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4
Chicken Alfredo
Mini Corn Dogs
Tossed Salad / Dressing
Steamed Broccoli
Garlic Bread Stick
Chilled Peaches

Wednesday

Sausage Egg Cheese Taco
~~~~~  
**5**  
Big Daddy Pepperoni Pizza  
Turkey Club Sandwich  
Fresh Veggies/Dip  
Seasoned Corn  
Fruited Jello

### Thursday

Pancake w/Sausage Link  
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6
Beef Nachos
Chicken Quesadilla
Spanish Rice
Pinto Beans
Salad
Orange Smiles

Friday

Sausage Biscuit
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**7**  
Cheese Burger  
Chicken Burger  
Tater Tots  
Burger Salad  
Chilled Pears

Pancake Sandwich  
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10

Oven BBQ Chicken
Corn Dog
Mashed Potatoes/Gravy
Broccoli & Cheese
Whole Grain Roll
Rosey Applesauce

Donut Holes
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**11**

Pulled Pork on Bun  
Hot Dog  
Baked Beans  
Seasoned Corn  
Pickles / Onions  
Strawberry Cup

Ham Egg Cheese Taco  
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12

Pepperoni Pizza
Grilled Chicken Burger
Baby Carrots/ Dip
Mixed Vegetables
Grapes



13
Live Stock Show
Student Holiday



14
Live Stock Show
Student Holiday



17

Breakfast Bites
~~~~~  
**18**

Popcorn Chicken  
Steak Burger  
Mashed Potatoes/ Gravy  
Carrot Coins  
Whole Grain Biscuit  
Chilled Peaches

Breakfast on Bun  
~~~~~  
19

Big Daddy Pepperoni
Pizza
Chicken Burger
Fresh Veggies/Dip
Broccoli & Cheese
Fruited Jello

Sausage Cheese Biscuit
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**20**

Sausage Wrap  
Beef & Bean Burrito  
Refried Beans & Rice  
Cheese Cup  
Tossed Salad  
Chilled Pears

Honey Bun  
~~~~~  
21

Cheese Burger
Fish Nuggets
Macaroni & Cheese
Oven French Fries
Burger Salad
Rosey Applesauce

French Toast Sticks
~~~~~  
**24**

Chicken Tenders  
Steak Fingers  
Scalloped Potatoes  
Mixed Vegetables  
Whole Grain Roll  
Apple Wedges

Chicken & Waffle  
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25

Asian Chicken w/Rice
Ham/Cheese on Bun
Steamed Broccoli
Peas & Carrots
Egg Roll/Fortune Cookie
Banana Pudding

Sausage Egg Cheese Taco
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**26**

Pepperoni Pizza  
Baked Potato w/Turkey&Gr  
Baby Carrots/Dip  
Green Beans  
Whole Grain Roll  
Rosey Pears

Breakfast Pizza  
~~~~~  
27

Beef Tacos
Chicken Fajita Taco
Spanish Rice
Pinto Beans
Salad w/ Cheese
Fresh Fruit Cup

Mini Pancakes
~~~~~  
**28**

Cheese Burger  
Grilled Chicken Burger  
Tater Tots  
Burger Salad  
Chilled Peaches

Pancake Wrap  
~~~~~  
31

Chicken Nuggets
Steak Burger
Mashed Potatoes/Gravy
Steamed Broccoli
Whole Grain Roll
Chilled Peaches

Happy New Year

Food Service Department Announcements

361-242-5906



<http://www.calallen.healtheliving.net>

Make Your Choice

Take at least 3 of the five food components

One of your choices must be 1/2 cup Fruit or 1/2 cup Vegetable for the meal to be reimbursable.

1. Fruits Choose fresh, frozen, canned, or dried.
2. Veggies Vegetables include dark green, red/orange, and white/yellow and starchy.
3. Grains Choose whole grain foods when possible.
4. Meats Meat Alternates Beef, chicken, turkey, fish, yogurt or cheese.
5. Milk For tips on how to get the most amount of calcium and other essential nutrients, visit the website: www.choosemyplate.gov and the Calallen ISD.

Meal Prices

free

Student

Breakfast and Lunch
Until June 30, 2022