

JANUARY 2024

Mingus Union High School

LUNCH



Meal Prices:

Breakfast
Lunch

Students

\$1.50
\$3.00

Adults

\$3.00
\$5.00



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

*Happy
New Year!!*

1

TUESDAY

*Winter Break December 22, 2023 –
January 5, 2024*

2

WEDNESDAY

3

THURSDAY

Offered Daily:

Assorted Fresh & Canned
Fruits
100% Juice
1% White Milk
Fat Free Chocolate Milk

4

FRIDAY

Additional Entrees

Offered Daily:

Chef Salad
Deli Sandwich
PB & J Uncrustable

5

Popcorn Chicken & Mashed
Potato Bowl w/ Dinner Roll
Hamburger or Cheeseburger
Grilled Cheese Sandwich
Carrot & Celery Sticks
Sweet Potato Fries

8

Green Chili Cheese
Enchiladas
Bean & Cheese Burrito
Refried Beans
Lettuce & Tomato

9

Chicken & Waffles
Big Daddy Cheese Pizza
Big Daddy Pepperoni Pizza
Tossed Salad
Oven Baked Tater Tots

10

Korean Chicken Bowl
Grilled Chicken Sandwich
Grilled Cheese Sandwich
Lettuce & Tomato
Broccoli & Cauliflower Medley

11

Chicken Wings w/ Roll
Breaded Chicken Sandwich
French Bread Cheese Pizza
Tossed Salad
Oven Baked Curly Fries

12

*MARTIN
LUTHER KING
HOLIDAY*

15

Beefy Nachos
Bean & Cheese Chalupa
Refried Beans
Lettuce & Tomato

16

Hot Dog w/ Chips
Big Daddy Cheese Pizza
Big Daddy Pepperoni Pizza
Lettuce & Tomato
Oven Baked Tater Tots

17

Orange Chicken Bowl
Honey BBQ Pork Rib Sandwich
Grilled Cheese Sandwich
Lettuce & Tomato
Broccoli & Cauliflower Medley

18

Corn Dog
Bosco Cheese Pizza Sticks
Bosco Pepperoni Pizza Sticks
Tossed Salad
Sweet Potato Fries

19

Chicken Nuggets w/ Roll
Hamburger or Cheeseburger
Grilled Cheese Sandwich
Carrot & Celery Sticks
Oven Baked Fries

22

Doritos Walking Taco
Cheese Quesadilla
Refried Beans
Lettuce & Tomato

23

Pasta w/ Meat Sauce
Big Daddy Cheese Pizza
Big Daddy Pepperoni Pizza
Tossed Salad
Sweet Potato Fries

24

Egg Rolls w/ Veggie Fried Rice
Pizza Sticks w/ Marinara
Sauce
Carrot & Celery Sticks
Broccoli & Cauliflower Medley

25

Mini Corndogs
Macaroni & Cheese w/ Soft
Pretzel
Breaded Chicken on a Biscuit
Tossed Salad
Green Beans

26

Chicken & Mashed Potato
Bowl w/ Dinner Roll
Hamburger or Cheeseburger
Grilled Cheese Sandwich
Tossed Salad
Carrot & Celery Sticks

29

Bean & Cheese Burrito
Chicken Tinga w/ Tortillas
Refried Beans
Lettuce & Tomato

30

Breaded Spicy Chicken
Sandwich
Big Daddy Cheese Pizza
Big Daddy Pepperoni Pizza
Tossed Salad
Oven Baked Fries

31

