

# Cass 63 Jr High Lunch Menu

## January 2022

Join us for these national food holidays

January 6<sup>th</sup> – National Bean Day

- Baked beans featured

January 20<sup>th</sup> – Cheese Lover's Day

- Grilled cheese melt featured

29

No  
School

30

No  
School

31

No  
School

3

No  
School

4

Mini Corn Dogs ▲  
Pizza  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit

5

Grilled Cheese Melt +  
Pizza  
Turkey & Cheese Sub

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

6

Ntnl Bean Day

Chicken Patty  
Pizza  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Baked Beans  
Baby Carrots

Applesauce  
Diced Fruit  
100% Fruit Juice

7

BBQ Pork Riblet Sandwich  
Pizza +  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange

10

Minni Cinni Roll  
C.Sausage Patties ▲  
Pizza  
Muffin Snack Pack +

Tater Tots  
Fresh Broccoli Florets

Pear  
Orange  
100% Apple Juice

11

Cheeseburger  
Pizza  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit

12

Corndog ▲  
Pizza  
Turkey & Cheese Sub

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

13

Chicken Nuggets w/  
Soft Pretzel Rod  
Pizza  
C.Ham & Cheese Sandwich ▲

Side Salad  
Seasoned Green Beans  
Baby Carrots

Apple  
Banana

14

Mini Corn Dogs ▲  
Pizza  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange  
100% Apple Juice

17

No  
School

18

Chicken Patty  
Pizza +  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit  
100% Fruit Juice

19

BBQ Pork Riblet Sandwich  
Pizza  
Turkey & Cheese Sub

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange

20

Cheese Lover's Day

Grilled Cheese Melt +  
Pizza  
C.Ham & Cheese Sandwich ▲

Seasoned Green Beans  
Side Salad  
Baby Carrots

Apple  
Banana  
100% Fruit Juice

21

Confetti Pancakes  
C.Sausage Patties ▲  
Pizza  
Muffin Snack Pack +

Tater Tots  
Sweet Golden Corn  
Cucumber Slices

Diced Fruit  
Orange

24

Popcorn Chicken w/ Pretzel Rod  
Pizza  
Muffin Snack Pack +

Tater Tots  
Fresh Broccoli Florets

Pear  
Orange  
100% Apple Juice

25

Hamburger  
Pizza  
C.Ham & Cheese Sandwich ▲

Mashed Potatoes  
Side Salad  
Baby Carrots

Applesauce  
Diced Fruit

26

Mini Corn Dogs ▲  
Pizza  
Turkey & Cheese Sub

French Fries  
Baked Beans  
Celery Sticks

Plum  
Orange  
100% Apple Juice

27

Italian Cheesy Pull Aparts +  
Pizza  
C.Ham & Cheese Sandwich ▲

Side Salad  
Seasoned Green Beans  
Baby Carrots

Apple  
Banana

28

Chicken Patty  
Pizza +  
Muffin Snack Pack +

Mashed Potatoes  
Side Salad  
Baby Carrots

Diced Fruit  
Orange  
100% Apple Juice

### Lunch Price

Lunch is free for the  
2021-2022 school  
year.

### Available Daily

Sunbutter & Jelly Sandwich  
Milk Variety

### Winter Break

December 22<sup>nd</sup>-January 5<sup>th</sup>  
Have a safe and happy holiday!

▲ Contains no pork  
+ Vegetarian  
\* Menu subject to change due to product availability

This institution is an equal opportunity provider.

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