

Choice of fruit parfait every Thursday in elementary schools for breakfast  
 Choice of smoothie every Thursday in Middle and High schools for breakfast

# JANUARY 2022

## Hopkins County Schools

All Meals Served with Milk and Juice

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast:</b> Confetti Pancakes or Cereal, Fruit <b>3</b>  <b>Lunch:</b> Chicken Cheese and Rice, Tortilla Shell, Fiesta Blend Corn/Black Beans, Fruit	<b>National Spaghetti Day</b> <b>4</b> <b>Breakfast:</b> Cereal or Chicken Biscuit, Strawberries <b>Lunch:</b> Spaghetti with Meat Sauce, Italian Vegetable Blend, Tossed Salad, Garlic Breadstick, Mandarin Oranges	<b>Breakfast:</b> Cereal or French Toast Sticks, Yogurt, Fruit <b>5</b>  <b>Lunch:</b> Baked Chicken, Mashed Potatoes, Pinto Beans, Cornbread Muffin, Fruit	<b>Breakfast:</b> Cereal or Wild Berry Bread, Yogurt Parfait or Smoothie, Pears <b>6</b>  <b>Lunch:</b> Grilled Cheese, Chicken Noodle Soup, Chips, Pickle Spear, Veggie Cup, Fruit	<b>Breakfast:</b> Cereal or Sausage Biscuit, Banana <b>7</b>  <b>Lunch:</b> Pizza, Corn, Side Salad w/Cherry Tomato, Oranges
<b>Breakfast:</b> Cereal or Cinnamon Rolls, Fruit <b>10</b>  <b>Lunch:</b> General Tso Chicken, Eggroll, Stir Fried Veggies, Pineapple	<b>Breakfast:</b> Sausage Biscuit or Cereal, Fresh Fruit <b>11</b>  <b>Lunch:</b> BBQ Baked Potato, Cole Slaw, Veggie Cup w/ Hummus Dip, Roll, Fruit, Cookie	<b>Breakfast:</b> Frudel Strudel or Cereal, Fruit <b>12</b>  <b>Lunch:</b> Buffalo Chicken Sliders, WG Chips, Veggie Cup, Applesauce	<b>Breakfast:</b> Muffin or Cereal, Fruit Parfait or Smoothie, Fruit <b>13</b>  <b>Lunch:</b> Hot Ham & Cheese on Bun, Tater Coins, Fresh Broccoli/Dip, Fruit	<b>Breakfast:</b> Cereal or Bacon, Egg and Cheese Biscuit, Banana <b>14</b>  <b>Lunch:</b> Pizza, Corn, Side Salad w/Sliced Cucumbers, SideKick, Strawberry Cup
<b>No School</b> <b>17</b>	<b>Breakfast:</b> Cereal or Cereal Bar, Yogurt, Banana <b>18</b>  <b>Lunch:</b> Scrambled Eggs, Biscuit and Gravy, Baked Apples, Tater Coins, Fruit Cup	<b>National Popcorn Day</b> <b>19</b> <b>Breakfast:</b> Cereal or Cinni Mini, Yogurt, Banana <b>Lunch:</b> Chicken Alfredo, Italian Vegetables, Veggie Cup, Garlic Breadstick, Applesauce, Popcorn	<b>Breakfast:</b> Cereal or Breakfast Bowl, Yogurt Parfait or Smoothie, Fruit <b>20</b>  <b>Lunch:</b> Chicken Nuggets, Mashed Potatoes, Green Beans, Roll, Peach Cup	<b>Breakfast:</b> Cereal or Sausage Biscuit, Banana <b>21</b>  <b>Lunch:</b> Pizza, Corn, Side Salad w/Cherry Tomato, Oranges
<b>Breakfast:</b> Cereal or Donut, Yogurt, Pineapple <b>24</b>  <b>Lunch:</b> Chicken Sandwich, Sandwich Trims, Baby Bakers, Veggie Cup, Fruit	<b>Breakfast:</b> Breakfast Pizza or Cereal, Fruit <b>25</b>  <b>Lunch:</b> Stromboli, Chips, Veggie Cup, Fresh Fruit, SideKick	<b>Breakfast:</b> Cereal bar or Cinnamon Toast, Yogurt <b>26</b>  <b>Lunch:</b> Beef Nachos, Queso CheeseCup, Black Bean/Corn Fiesta, Banana	<b>National Chocolate Cake Day</b> <b>27</b> <b>Breakfast:</b> Muffin or Cereal, Fruit Parfait or Smoothie, Fruit <b>Lunch:</b> Popcorn Chicken, Broccoli and Cheese, Mashed Potatoes, Roll, Fruit, Chocolate Cake	<b>Breakfast:</b> Cereal or Bacon, Egg and Cheese Biscuit, Banana <b>28</b>  <b>Lunch:</b> Pizza, Broccoli & Cheese, Side Salad w/Cherry Tomato, SideKick, Strawberry Cup
<b>Breakfast:</b> Cereal or Breakfast Pizza, Yogurt, Fruit <b>31</b>  <b>Lunch:</b> Cheeseburger on Bun, Sweet Potato Fries, Sandwich Trims, Baked Beans, Apple				

USDA nondiscrimination statement: <https://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>

Menu is subject to change without notice due to Supply Chain Issues  
 January 3-14 Turkey Wrap Bento Box; January 18-31 PB & J Bento Box