



Morris Jeff Community School

GF Lunch Menu

January 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	2 Happy Holidays	3 Happy Holidays	4 GF Grilled Cheese Carrots Fresh Fruit & Milk	5 Hot Dog on GF Bun Tater Tots Fresh Fruit & Milk	6 GF Pizza Bagel Broccoli Fresh Fruit & Milk	
WEEK 2	9 Red Beans & Rice Carrots Fresh Fruit & Milk	10 GF Chicken Nuggets French Fries Fresh Fruit & Milk	11 GF Grilled Cheese Green Beans Fresh Fruit & Milk	12 Hamburger on GF Bun Broccoli Fresh Fruit & Milk	13 GF Pizza Bagel Corn Fresh Fruit & Milk	
WEEK 3	16 Martin Luther King Day	17 GF Chicken Nuggets Mashed Potatoes Broccoli Fresh Fruit & Milk	18 Beef Nachos Refried Beans Fresh Fruit & Milk	19 GF Meatballs & Spaghetti Green Beans Fresh Fruit & Milk	20 Hot Dog on GF Bun Taters Tots Carrots Fresh Fruit & Milk	
WEEK 4	23 Cheese Quesadilla Cauliflower Fresh Fruit & Milk	24 GF Chicken Nuggets French Fries Carrots Fresh Fruit & Milk	25 Beef Tacos Corn Fresh Fruit & Milk	26 Grilled Cheese Baked Beans Green Beans Fresh Fruit & Milk	27 GF Pizza Bagel Broccoli Fresh Fruit & Milk	
	30 Red Beans & Rice Carrots Fresh Fruit & Milk	31 GF Chicken Nuggets Mashed Potatoes Broccoli Fresh Fruit & Milk				