



# Morris Jeff Middle School

## Lunch Menu

### January 2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	2 Happy Holidays	3 Happy Holidays	4 Smothered Chicken Rice & Gravy Carrots Fresh Fruit & Milk	5 Hot Dogs (w/ chili) Tater Tots Fresh Fruit & Milk	6 Crispy Chicken Sandwich Broccoli Fresh Fruit & Milk	
WEEK 2	9 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	10 Chicken Alfredo Green Beans Fresh Fruit & Milk	11 BBQ Rib Sandwich Baked Beans Fresh Fruit & Milk	12 Hamburger Broccoli French Fries Fresh Fruit & Milk	13 Pepperoni Pizza Corn Side Salad Fresh Fruit & Milk	
WEEK 3	16 Martin Luther King Day	17 Chicken Nuggets Mashed Potatoes Broccoli Fresh Fruit & Milk	18 Beef Nachos Refried Beans Fresh Fruit & Milk	19 Spaghetti & Meatballs Green Beans Garlic Bread Fresh Fruit & Milk	20 Mini Corn Dogs Taters Tots Carrots Fresh Fruit & Milk	
WEEK 4	23 Meatloaf Mac & Cheese Cauliflower Bread Roll Fresh Fruit & Milk	24 Chicken & Sausage Gumbo Rice Carrots Bread Roll Fresh Fruit & Milk	25 Beef Tacos Corn Lettuce, Tom, Cheese Fresh Fruit & Milk	26 Pulled Pork Sandwich Baked Beans Tater Tots Fresh Fruit & Milk	27 Pepperoni Pizza Broccoli Side Salad Fresh Fruit & Milk	
	30 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	31 Pulled Pork Nachos Black Beans Fresh Fruit & Milk				