

JANUARY 2024

Cascade Public Schools

LUNCH



School Information: Type your school information here.



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

NO SCHOOL

1

TUESDAY

NO SCHOOL

2

WEDNESDAY

Baked Cod
Rice Pilaf
Corn

3

THURSDAY

Chicken Patty Sandwich
Crinkle Fries
Mixed Veggies

4

FRIDAY

5

Pulled Pork Sandwich
Smiles
Coleslaw

8

Chicken Alfredo
Garlic Bread
Veggie Sticks

9

Pizza Stick
Garden Salad

10

Mini Corn Dogs
Waffle Fries
Corn

11

12

National Milk Day

Chicken Tenders
Tater Tots
Garden Salad

15

Rib Sandwich
Sun Chips
Mixed Veggies

16

Chicken Tacos
Refried Beans
Corn

17

Mac N Cheese
Meatballs
Dinner Roll
Carrots

18

19

Hotdog
Baked Beans
Fries

22

Spaghetti
Bread Stick
Garden Salad

23

Burritos
Spanish Rice
Refried Beans

24

Hamburger
Potato Wedges
Veggie Sticks

25

26

National Compliment Day

Sloppy Joe
Tater Tots
Corn

29

Boneless Chicken
Waffles
Peas

30

Beef Stroganoff
Dinner Roll
Cucumber Slices

31

