

JANUARY 2024

Headland Middle School – 9th Grade

Monday

Tuesday

Wednesday

Thursday

Friday

1

Happy New Year!

2

3

4

Chicken Sandwich
Sweet Potato Fries
Green Beans
Fruit
Milk

Bfast: Cereal, Fruit, Milk

5

Hotdog
Baked Chips
Broccoli
Fruit
Milk

Bfast: Cereal Bar, Yogurt, Fruit

8

Chicken Fajita Philly
Sun Chips
Steamed Broccoli
Mandarin Oranges
Milk

Bfast: Ham, Egg, Cheese Croissant

9

Hot Turkey & Cheese Sandwich
Baby Carrots
French Fries
Sliced Peaches
Milk

Bfast: Sausage Biscuit, Fruit

10

BBQ Chicken Sandwich
Sweet Potato Fries
Baked Beans
Pineapple Chunks
Milk

Bfast: Blueberry Muffin, Fruit

11

Turkey Roast & Gravy
Mashed Potatoes
Mixed Vegetables
Dinner Roll
Fresh Fruit, Milk

Bfast: Mini Pancakes, Eggs, Fruit

12

Ham & Cheese Sandwich
Baked Chips
Tomato Slices, Pickle Spear
Green Beans
Mixed Fruit
Milk

Bfast: Cinni-Minis, Fruit

15

School Holiday

16

Hamburger
French Fries
Baked Beans
Sliced Peaches
Milk

Bfast: Muffin, Yogurt, Fruit

17

Fajita Chicken Casserole
Peas and Carrots
Breadstick
Pineapple Chunks
Milk

Bfast: Pepperoni Breakfast Sandwich,
Fruit

18

Turkey and Cheese Sandwich
Sweet Potato Fries
Broccoli
Fresh Fruit
Milk

Bfast: Mini Berry Waffles, Fruit

19

Pizza
Whole Kernel Corn
Green Beans
Mixed Fruit
Milk

Bfast: Egg and Cheese Croissant, Fruit

22

Beef Nuggets
Black-eye Peas
Turnip Greens
Dinner Roll
Mandarin Oranges
Milk

Bfast: Cherry Strudel, Fruit

23

Salisbury Steak & Gravy
Rice
Lima Beans
Dinner Roll
Sliced Peaches
Milk

Bfast: Ham and Cheese Croissant, Fruit

24

Chili with Beans
Cornbread Muffin
Green Peas
Pineapple Chunks
Milk

Bfast: Chicken Biscuit, Fruit

25

Hamburger
Side Salad with Ranch
Baked Chips
Fresh Fruit
Milk

Bfast: Breakfast Burrito, Fruit

26

Pizza Crunchers
Sweet Potato Fries
Broccoli
Marinara Sauce
Mixed Fruit, Milk

Bfast: Muffin, Fruit

29

Hotdog
Green Beans
Baked Chips
Mandarin Oranges
Milk

Bfast: Cereal, Cheese Cubes, Milk

30

Chicken Mac and Cheese
Peas and Carrots
Sweet Potato Fries
Breadstick
Sliced Peaches
Milk

Bfast: Pancake Sausage on a Stick, Fruit

31

Beef and Cheese Nachos
Fiesta Corn
Black Beans
Fresh Oranges
Milk

Bfast: Lucky Day Parfait

