



Meal Benefits Form



PAY FOR MEALS ONLINE
MySchoolBucks.com

JANUARY 2023

Tuscaloosa County School System

Lunch Options:

Seasonal fruit, Juice, Fresh Garden Salad,
Assorted 1% & Skim Milk offered daily.

Additional items may be added to the menu. Please check w/ your local schools for additional choices.

Monday

2

MENUS ARE SUBJECT TO CHANGE

Breakfast Pizza

9

Lasagna Roll w/ Garlic Knot
Mini Corndogs
Waffle Fries
California Brown Butter Veggies

16

NO SCHOOL
Martin Luther King Day

Breakfast Sandwich

23

Cheesy Bread Bites w/ Marinara
Teriyaki Chicken, Fried Rice, & Egg Roll
Side winders
Stir-Fry Vegetables

Mini Maple Waffle

30

BBQ Pork Chop w/ Warm Roll
Fiesta Pull apart Bread
Waffle Fries
Baked Beans

Tuesday

3

Donut w/ Seasonal Fruit

10

Buffalo Chicken Pizza
Taco Salad
Refried Beans
Corn

17

Dutch Waffle, eggs, & Bacon
Meatloaf w/ Cornbread
Cheesy Pull-apart Bread
Carrots w/ Herb Butter
Turnip Greens

French Toast Sticks & Sausage

24

Empanada
Choice of Pizza
Corn
Roasted Ranch Zucchini

Breakfast Crescent

31

Spaghetti w/ Garlic Knot
Crispy Chicken Sandwich
Carrots w/ Herb Butter
Zucchini & Tomato Gratin

Wednesday

4

Sausage Link Biscuit

11

Quesadilla w/Salsa
BBQ Chicken Sandwich
Oven Fried Fries
Parmesan Roasted Broccoli

18

Iced Cinnamon Roll
Chicken Nuggets w/ Warm Roll
French Bread Pizza
Sidewinders
Green Beans

Breakfast Pizza

25

Chicken Tender Basket w/ Warm Roll
Hot dog
Oven Fried Fries
Carrots w/ Herb Butter

Thursday

5

Dutch Waffle w/ Sausage Links

Grilled Chicken Sandwich
Mediterranean Gyro
Oven Fried Fries
Green Peas

Breakfast Croissant

12

Chicken Tender Basket
Chips, Cheese, & Salsa
Baby Green Lima Beans
Sweet Potato Fries

19

Breakfast Pizza
Street Tacos
Chili Dog
Oven Fried Fries
Corn

Egg & Bacon Buddy

26

Beef Tenders w/ Cornbread
Crispy Chicken Sandwich
Waffle Fries
Black Eyed Peas

Friday

6

Chicken Biscuit

Cheeseburger
Choice of Pizza
Lemon Roasted Carrots
Green Beans

Breakfast Sandwich

13

Buffalo Chicken Dip w/ Chips
Cheese Sticks w/ Marinara
Sidewinders
Veggie Dip Cup

20

Egg & Sausage Biscuit
BBQ Chicken Sandwich
Cheese Sticks w/ Marinara
Waffle Fries
Baked Beans

Sausage Biscuit

27

Greek Chicken, Rice Pilaf, & Warm Roll
Cheese Burger
Sweet Potato Fries
Parmesan Roasted Broccoli