









**TUSCALOOSA COUNTY SCHOOLS
MIDDLE/HIGH MENU
JANUARY 2021**

Breakfast Options:

Fruit, 100% Juice & Assorted 1% & Skim Milk offered daily. Cereal offered daily.

Lunch Options:

Assorted 1% & Skim Milk offered daily.
Additional items may be added to the menu. Please
Check w/ your local schools for additional choices.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">“We strive to be successful in food because students can’t be successful without it.”</p> 	<p style="text-align: center;">*MENUS ARE SUBJECT TO CHANGE*</p> 			
<p>04</p> 	<p>05 KELLOGG’S MINI PANCAKES, YOGURT, FRESH FRUIT</p> <p>TACO SALAD MINI CORN DOGS LEMON ROASTED CARROTS REFRIED BEANS FRESH FRUIT</p>	<p>06 SAUSAGE BISCUIT, FRESH FRUIT</p> <p>MINI CHEESE RAVIOLI CHICKEN SANDWICH GREEN BEANS CORN FRESH FRUIT</p>	<p>07 BREAKFAST PIZZA, FRESH FRUIT</p> <p>HONEY BALSAMIC PULLED PORK W/ FRENCH BREAD CHICKEN TENDER BASKET SWEET POTATO FRIES BUTTERED SQUASH FRESH FRUIT</p>	<p>08 SCRAMBLED EGGS, SAUSAGE, DUTCH WAFFLE, FRESH FRUIT</p> <p>GREEK CHICKEN W/ RICE PILAF CHEESEBURGER CITRUS CINNAMON GLAZED CARROTS PARMESAN ROASTED BROCCOLI FRESH FRUIT</p> 
<p>11 CHICKEN BISCUIT, FRESH FRUIT</p> <p>CHICKEN NUGGETS W/ WARM ROLL PHILLY CHEESE STEAK GREEN BEANS FRENCH FRIES FRESH FRUIT</p>	<p>12 GENERAL MILLS SOFT BAR, YOGURT & FRESH FRUIT</p> <p>HERB ROASTED CHICKEN & WARM ROLL CRISPITOS CITRUS CINNAMON GLAZED CARROTS CORN FRESH FRUIT</p> 	<p>13 CINNAMON ROLL, FRESH FRUIT</p> <p>SPAGHETTI W/ GARLIC KNOT HOT DOG W/ CHEEZE-ITZ BUTTERED SQUASH BROCCOLI & CHEESE FRESH FRUIT</p>	<p>14 FRENCH TOAST STICKS, SAUSAGE LINK & FRESH FRUIT</p> <p>TERIYAKI CHICKEN W/ FRIED RICE & EGG ROLL WINGS & THINGS W/ WARM ROLL LEMON ROASTED CARROTS BLACK-EYED PEAS FRESH FRUIT</p>	<p>15 SCRAMBLED EGGS, BACON, BISCUIT, FRESH FRUIT</p> <p>HAMBURGER DORITOS CARROTS W/ RANCH FRESH FRUIT</p>
<p>18 Happy Birthday Martin Luther King, JR.</p>	<p>19 KELLOGG’S MINI PANCAKES, YOGURT, FRESH FRUIT</p> <p>TACO SALAD MINI CORN DOGS LEMON ROASTED CARROTS REFRIED BEANS FRESH FRUIT</p>	<p>20 SAUSAGE BISCUIT, FRESH FRUIT</p> <p>MINI CHEESE RAVIOLI CHICKEN SANDWICH GREEN BEANS CORN FRESH FRUIT</p>	<p>21 BREAKFAST PIZZA, FRESH FRUIT</p> <p>HONEY BALSAMIC PULLED PORK W/ FRENCH BREAD CHICKEN TENDER BASKET SWEET POTATO FRIES BUTTERED SQUASH FRESH FRUIT</p> 	<p>22 SCRAMBLED EGGS, SAUSAGE, DUTCH WAFFLE, FRESH FRUIT</p> <p>GREEK CHICKEN W/ RICE PILAF CHEESEBURGER CITRUS CINNAMON GLAZED CARROTS PARMESAN ROASTED BROCCOLI FRESH FRUIT</p>
<p>25 CHICKEN BISCUIT, FRESH FRUIT</p> <p>CHICKEN NUGGETS W/ WARM ROLL PHILLY CHEESE STEAK GREEN BEANS FRENCH FRIES FRESH FRUIT</p>	<p>26 GENERAL MILLS SOFT BAR, YOGURT & FRESH FRUIT</p> <p>HERB ROASTED CHICKEN & WARM ROLL CRISPITOS CITRUS CINNAMON GLAZED CARROTS CORN FRESH FRUIT</p> 	<p>27 CINNAMON ROLL, FRESH FRUIT</p> <p>SPAGHETTI W/ GARLIC KNOT HOT DOG W/ CHEEZE-ITZ BUTTERED SQUASH BROCCOLI & CHEESE FRESH FRUIT</p>	<p>28 FRENCH TOAST STICKS, SAUSAGE LINK & FRESH FRUIT</p> <p>TERIYAKI CHICKEN W/ FRIED RICE & EGG ROLL WINGS & THINGS W/ WARM ROLL LEMON ROASTED CARROTS BLACK-EYED PEAS FRESH FRUIT</p>	<p>29 SCRAMBLED EGGS, BACON, BISCUIT, FRESH FRUIT</p> <p>BUFFALO CHICKEN DIP HAMBURGER SWEET POTATO FRIES GREEN PEAS FRESH FRUIT</p>

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