

Menus

School: Cowgill R-VI School

Academic Year: 2021-22

Meal: All

Month: January 2022

January				
M	Tu	W	Th	F
3	4	5 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Chicken Strips, Carrots & Mandarin Oranges	6 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Spaghetti & Meat Sauce, Green Beans & Peaches	7 Breakfast: Cook's Choice Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce
10 Breakfast: Cereal Juice or Fruit Milk Lunch: Pizza, Corn & Applesauce	11 Breakfast: Oatmeal & Raisins Juice or Fruit Milk Lunch: Veggie Soup, Grilled Cheese Sandwich & Pears	12 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Beef Taco, Black Beans & Cinnamon Apples	13 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Cheeseburger, Tri-Tater & Mandarin Oranges	14
17	18 Breakfast: Oatmeal & Raisins Juice or Fruit Milk Lunch: Fish Sandwich, Peas & Tropical Fruit	19 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Sweet & Sour Chicken, Broccoli, Rice & Pineapple	20 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Beef Stroganoff, Green Beans & Peaches	21 Breakfast: Cook's Choice Juice or Fruit Milk Lunch: Uncrustable, Raw Carrots, Chips & Banana
24 Breakfast: Cereal Juice or Fruit Milk Lunch: Creamy Chicken Over Biscuit, Strawberries & Dessert	25 Breakfast: Oatmeal & Raisins Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	26 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Meatloaf, Mashed Potatoes, Roll & Peaches	27 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Chicken Sandwich, Sweet Potatoes & Mandarin Oranges	28 Breakfast: Cook's Choice Juice or Fruit Milk Lunch: Corn dog, BBQ Beans, String Cheese & Pears
31 Breakfast: Cereal Juice or Fruit Milk Lunch: Chili, Corn, String Cheese & Cinnamon Apples	1 Breakfast: Oatmeal & Raisins Juice or Fruit Milk Lunch: Biscuits & Gravy, Eggs, Yogurt & Mandarin Oranges	2 Breakfast: Muffin & Yogurt Juice or Fruit Milk Lunch: Groundhog Dog, Winter Beans, Spring Pears & Brownies	3 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Shrimp, Macaroni & Cheese, Peas & Tropical Fruit "The USDA is an equal opportunity provider and employer."	4