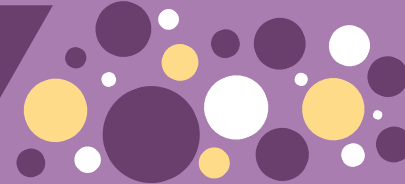




# January 2024 Menu

## Crookston High School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 	<b>2</b> Cheese Pizza (41)	<b>3</b> Pasta (38) & Meat Sauce (9) Breadstick (17)	<b>4</b> Corn Dog (30)	<b>5</b> Brunch for Lunch! French Toast Sticks (60) Cheese Omelet
<b>8</b> General Tso Chicken (16) Brown Rice (22) Dinner Roll (14)	<b>9</b> Beef Nachos (38) Spanish Rice (19) Refried Beans (10)	<b>10</b> Chicken Alfredo (60) Breadstick (17)	<b>11</b> Tater Tot Hotdish (21) Two Bread Slices (26) Corn (17)	<b>12</b> Grilled Cheese (30) Tomato Soup (17) Sunflower Seeds (11)
<b>15</b> No School	<b>16</b> Mac & Cheese (32) Breadstick (17) Baked Beans (30) Cauliflower & Fruit (15)	<b>17</b> Deli Sandwich (26)	<b>18</b> Chili (32) with Cheese Cornbread (11) Goldfish Crackers (14) Corn (17)	<b>19</b> Pancakes (20) Eggs Yogurt Cup (15)
<b>22</b> Orange Chicken (19) Brown Rice (17) Dinner Roll (14)	<b>23</b> Beef Taco with Cheese & Fixings (22) Refried Beans (10)	<b>24</b> Pepperoni Pizza (32)	<b>25</b> Meatballs (4) & Gravy (4) Two Bread Slices (26) Mashed Potatoes (14)	<b>26</b> Italian Dunkers (32) Marinara Sauce (5) Spiced Pinto Beans (24)
<b>29</b> Chicken Strips (22) Dinner Roll (14) Corn (17)	<b>30</b> Pulled Pork Sandwich (46) Baked Beans (23)	<b>31</b> Pasta (38) & Meat Sauce (9) Breadstick (17)		

### Entrée Alternatives

#### Daily:

Hamburger (29)  
 Breaded Chicken Sandwich (44)  
 Plain Chicken Sandwich (30)

**Monday:** Mr. Rib (35)

**Tuesday:** Cheese Pizza (41)

**Wednesday:** Hot Dog (28)

**Thursday:** Spicy Chicken Patty (46)

**Friday:** Fish Sandwich (50)

#### Prices

Students: FREE  
 Adult Price: \$4.95  
 Extra Milk: \$0.50  
 Lactose Free Milk: \$1.00

#### Daily Milk Choices

Plain Skim (13)  
 Plain 1% (13)  
 Chocolate Skim (20)  
 Lactose Free (upon request)

#### Carbohydrate Count

Numbers listed in parentheses ()  
 are the carbohydrate for that item  
 in full.

#### Questions?

Contact Emily Scheresky at  
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 218-281-5313 ext. 7



**This Institution is an Equal Opportunity Provider**

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.