

# Iowa Valley Lunch Menu for January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Menu is subject to change	2 No School	3 Grilled Chicken/Bun Baby Carrots Peaches Cheezits	4 Pizza Crunchers Coleslaw Marinara Sauce Pineapple	5 Large Corn Dog Baked Beans Pears	6 Hamburger/Bun French Fries Tomato Slice Apple	7
8	9 Chicken Tenders Stuffing Savory Carrots Mandarin Oranges	10 Poor Man's Pizza Broccoli Mixed Fruit	11 Jr-Sr-Sausage/Egg/ Bun Elem-French Toast , Sausage All-Tator Rounds, Juice, Snack Crackers	12 Braded Pork Patti Sweet Potatoes Oranges	13 No School	14
15	16 Walking Tacos Taco Meat Chips, Salsa Cheese, Fruit Cocktail Jr-Sr-Cinnamon Gold- fish	17 Hot Beef, Mashed Potatoes Bread & Butter Applesauce	18 BBQ Chicken/Bun Sweet Potato Puffs Tropical Fruit	19 Chili Dilly Fritos, Baby Carrots Banana Jr-Sr-Mini Chip Cookies	20 Hot Dog/Bun Baked Beans Chips Peaches	21
22	23 Pizza Red Pepper Strips Mango Wango Juice Pineapple	24 Breaded Chicken Broccoli & Cheese Pears	25 Hot Ham & Cheese/Bun Baked Beans Spiced Apples	26 Taco Burger Cheesy Mashed Potatoes Mixed Fruit	27 Garlic Cheese Bread Marinara Sauce Green Beans Apple	28
29	30 Mandarin Orange Chicken Rice Peas Mandarin Oranges	31 Spaghetti & Meat Sauce Baby Carrots Cheese Filled Breadstick Applesauce	All Grains are Whole Grain. Milk is with every meal	Lettuce served daily Jr.-Sr. High extra fruit daily		This institution is an equal opportunity provider