### High School Lunch Menu

**Rockdale County Schools**

January 2022

Menu subject to change without notice

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1/3/2022 Teacher’s Work Day  
No School | 1/4/2022 Chick Filet Sandwich  
Tater Tots  
Sliced Cucumbers  
Carrots w/Dip  
Apple  
Orange Wedges  
Milk | 1/5/2022 Spaghetti w/Meat Sauce or  
Cheese Sticks w/ Marinara  
Spinach Salad  
Steamed Corn  
Homemade Wheat Roll  
Banana  
Peach Cup  
Milk | 1/6/2022 Oven Roasted Chicken  
Sweet Potatoes  
Steamed Broccoli  
Homemade Wheat Roll  
Mixed Berry Cup  
Fresh Pear  
Mil | 1/7/2022 Hot Dog on Bun  
Tater Tots  
Baked Beans  
Baked Apples  
Mixed Fruit  
Mil |
| 1/10/2022 Hamburger or  
Cheeseburger on Bun  
French Fries  
Broccoli w/Dip  
Mixed Berry Cup  
Orange Wedges  
Mil | 1/11/2022 BBQ Pork or  
BBQ Chicken on Bun  
Tater Tots  
Pinto Beans  
Apple  
Mixed Berry Cup  
Mil  
FF Fiesta Pizza | 1/12/2022 Pasta Bake  
Homemade Wheat Garlic Roll  
Steamed Carrots  
Grape Tomatoes w/Dip  
Banana  
Peach Cup  
Mil | 1/13/2022 Chicken Noodle Soup &  
Toasted Cheese Sandwich  
Spinach Salad  
Sliced Cucumbers w/Dip  
Apple  
Mixed Fruit  
Mil | 1/14/2022 Chili w/ Cheese  
Baked Potato  
Sliced Cucumbers  
Homemade Cinnamon Roll  
Sliced Peaches  
Fresh Pear  
Mil |
| 1/17/2022 MLK, JR Holiday  
No School | 1/18/2022 Beef or Chicken Taco  
Pepper Strips  
Seasoned Corn  
Citrus Medley  
Apple  
Mil | 1/19/2022 Chili Cheese Fries  
Steamed Broccoli  
Cornbread  
Applesauce Cup  
Sliced Pears  
Mil | 1/20/2022 Chicken Nachos or  
Pork Nachos  
Black Bean Salsa w/Scoops  
Carrots w/Dip  
Banana  
Strawberry Cup  
Mil | 1/21/2022 Chicken  
w/ Italian Cheese Sauce  
Penne Pasta  
Baked Sweet Potato  
Spinach Salad  
Homemade Wheat Roll  
Mixed Fruit  
Orange Wedge  
Mil |
| 1/24/2022 Chicken Tender Wrap  
Mac & Cheese  
Garden Salad  
Fresh Apple  
Strawberries  
Mil | 1/25/2022 Chick Filet Sandwich  
Tater Tots  
Carrots w/Dip  
Sliced Cucumbers  
Apple  
Orange Wedges  
Mil | 1/26/2022 Spaghetti w/Meat Sauce or  
Cheese Sticks w/ Marinara  
Spinach Salad  
Steamed Corn  
Homemade Wheat Roll  
Banana  
Peach Cup  
Mil | 1/27/2022 Oven Roasted Chicken  
Sweet Potatoes  
Steamed Broccoli  
Homemade Wheat Roll  
Mixed Berry Cup  
Fresh Pear  
Mil | 1/28/2022 Hot Dog on Bun  
Tater Tots  
Baked Beans  
Baked Apples  
Mixed Fruit  
Mil |
| 1/31/2022 Hamburger or  
Cheeseburger on Bun  
French Fries  
Broccoli w/Dip  
Mixed Berry Cup  
Orange Wedges  
Mil | | | | |

**Daily Options:**
- PBJ Basket
- Salad Plate
- Deli Plate
- Homemade Pizza

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"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT"

Martin Luther King, Jr

USDA is an equal opportunity provider and employer.