**Rapides Parish School Board**

Menus are subject to change without notice due to challenges in delivery or availability.

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| --- | --- | --- | --- | --- |
| Monday  01/02/23 | Tuesday  01/03/23 | Wednesday  01/04/23 | Thursday  01/05/23 | Friday  01/06/23 |
| Breakfast |  |  |  |  |
| **CHRISTMAS**  **HOLIDAY!** | **CHRISTMAS**  **HOLIDAY!** | **CHRISTMAS**  **HOLIDAY!** | **NO STUDENTS!** | **NO STUDENTS!** |
| Lunch |  |  |  |  |
| **CHRISTMAS**  **HOLIDAY!**  **12/21/22 – 1/5/23** | **CHRISTMAS**  **HOLIDAY!**  **12/21/22 – 1/5/23** | **CHRISTMAS**  **HOLIDAY!**  **12/21/22 – 1/5/23** | **NO STUDENTS!** | **NO STUDENTS!** |

**Non-discrimination Statement**: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (VOICE). Individuals who are hearing impaired or have speech disabilities

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| Monday  01/09/23 | Tuesday  01/10/23 | Wednesday  01/11/23 | Thursday  01/12/23 | Friday  01/13/23 |
| Breakfast |  |  |  |  |
| Sausage Biscuit  Juice  Milk | Blueberry Muffin/Cereal  Fruit  Milk | Jump Start  Juice  Milk | Waffle/Sausage/Syrup  Fruit  Milk | Cereal/Toast/Jelly Juice  Milk |
| Lunch |  |  |  |  |
| Corn Dog  Sweet Potato Fries/Catsup  Baked Beans  Fruit Cocktail  Milk | Salisbury Steak/Gravy  Fluffy White Rice  Seasoned Green Beans  Buttered Roll  Sliced Peaches  Milk | Fish Portion on Bun  Macaroni & Cheese  Seasoned Green Peas  Pear Halves  Milk | Red Beans & Sausage  Fluffy White Rice  Seasoned Turnip Greens  Cornbread  Pineapple Tidbits  Milk | Pepperoni Pizza Wedge  Buttered Corn  Italian Salad/Dressing  Apple Wedges  Milk |

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| Monday  01/16/23 | Tuesday  01/17/23 | Wednesday  01/18/23 | Thursday  01/19/23 | Friday  01/20/23 |
| Breakfast |  |  |  |  |
| **Martin Luther King**  **Holiday!** | Scrambled Eggs/Toast/Jelly  Fruit  Milk | Jump Start  Juice  Milk | Chicken Biscuit  Fruit  Milk | Cinnabun/Cereal  Juice  Milk |
| Lunch |  |  |  |  |
| **Martin Luther King**  **Holiday!** | Chicken Tetrazzini  Seasoned Green Beans  Buttered Roll  Fruit Cocktail  Milk | **Ham & Cheese Sandwich\***  Baked Chips  Stack Salad  Chilled Grapes  Milk | Turkey & Sausage Gumbo  Fluffy White Rice  Candied Yams  Green Salad/Dressing  Cornbread OR Crackers  Fruit Cup  Milk | Sloppy Joes  Potato Rounds/Catsup  Baked Beans  Sliced Peaches  Milk |

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**\*\*Make sandwiches using commodity turkey ham or water added ham.**

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| --- | --- | --- | --- | --- |
| Monday  01/23/23 | Tuesday  01/24/23 | Wednesday  01/25/23 | Thursday  01/26/23 | Friday  01/27/23 |
| Breakfast |  |  |  |  |
| Ham & Cheese Croissant  Juice  Milk | Banana Muffin/Cereal  Fruit  Milk | Jump Start  Juice  Milk | Powdered Donut/Cereal  Fruit  Milk | French Toast Sticks/Syrup  Juice  Milk |
| Lunch |  |  |  |  |
| BBQ Ribette on Bun  Macaroni & Cheese  Seasoned Green Beans  Apple Wedges  Milk | Chili Mac  Buttered Green Peas  Combo Veg Salad/Dressing  Pear Halves  Milk | Hot Dog on Bun  French Fries  Mayo/Mustard  Baby Carrots/Ranch Dressing  Banana  Milk | Breaded Chicken Strips  Steamed Broccoli  Cheese Potatoes  Buttered Roll  Pineapple Tidbits  Milk | Super Beefy Nachos  Ranch Style Beans  Shredded Lettuce  Shredded Cheese  Diced Tomatoes  Fruit Cocktail  Milk |

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| --- | --- | --- | --- | --- |
| Monday  01/30/23 | Tuesday  01/31/23 | Wednesday  02/01/23 | Thursday  02/02/23 | Friday  02/03/23 |
| Breakfast |  |  |  |  |
| Breakfast Stick  Juice  Milk | Cinnabun/Cereal  Fruit  Milk | Jump Start  Juice  Milk | Pancake/Sausage/Syrup  Fruit  Milk | Breakfast Pizza  Juice  Milk |
| Lunch |  |  |  |  |
| Stuffed Crust Pepperoni Pizza  Buttered Corn  Italian Salad/Dressing  Sliced Peaches  Milk | Farmer Jones  Seasoned Green Beans  Lettuce & Tomato Salad/Dressing  Fruit Cup  Milk | Hamburger  Potato Rounds/Catsup  Stack Salad  Mayo/Mustard  Strawberry & Banana Cup  Milk | Red Beans & Sausage  Fluffy White Rice  Seasoned Turnip Greens  Cornbread  Fruit Cocktail  Milk | Corn Dog  Sweet Potato Fries  Baked Beans  Orange Wedges  Milk |

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