



JANUARY 2020

CFW Schools • ISD #2365



LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday



No School

6
 Crunchy Chicken Tenders
 Fresh Broccoli
 Lettuce Salad
 Whole Grain Bread
 Assorted Fruit

7
 Beef Nacho Filling
 Tortilla Chips
 Lettuce Salad
 Assorted Fruit

8
 Hamburger Gravy
 Mashed Potatoes
 Corn
 Whole Grain Bread
 Assorted Fruit

2
 Hot Ham & Cheese
 WG Bun
 Calico Beans
 Assorted Chips
 Assorted Fruit

3
 Mac & Cheese
 Baby Carrots
 & Garden Salad
 Assorted Fruit

13
 Rodeo Burger
 w/WG Bun
 Onion Rings
 Broccoli
 Assorted Fruit

14
 Slow Cooked
 Chicken Alfredo
 Herb Rice Pilaf
 Garden Salad
 Cucumber & Dip
 Assorted Fruit

15
 Barbecue w/WG Bun
 French Fries
 Steamed Green Beans
 Assorted Fruit

9
 Sub w/WG Bun
 Baked Beans
 Tator Tots
 Assorted Fruit

10
 Chicken Taco
 Lettuce Salad
 Peas
 Cookie
 Assorted Fruit

16
 Mini Corn Dogs
 Baked Beans
 Coleslaw
 Assorted Fruit

17
 Breakfast/Brunch
 Turkey Sausage
 Carrot Sticks
 Assorted Fruit
 or 100% Juice

No School

21
 Meatballs
 Mashed Potatoes
 Dinner Roll
 Spinach Salad
 Assorted Fruit

22
 Chicken Chompers
 Baked Beans
 Sun Chips
 Assorted Fruit

23
 Italian Dunker
 Spaghetti Sauce
 Seasoned Broccoli
 Assorted Fruit

24
 Teriyaki Chicken
 Brown Rice
 Spinach Salad
 Assorted Fruit

27
 Crispy Chicken Patty
 WG Bun
 Baby Carrots
 & Garden Salad
 Assorted Fruit

28
 Walking Taco
 Nacho Chips
 & Taco Sauce
 Shredded Lettuce
 & Cheddar
 Assorted Fruit

29
 Spaghetti
 w/Meat Sauce
 Broccoli
 Romaine Lettuce
 WG Bread Stick
 Assorted Fruit

30
 Mr. Rib w/WG Bun
 Sweet Potato Fries
 Steamed Green Beans
 Assorted Fruit

31
 Bosco Sticks
 & Marinara Sauce
 Lettuce Salad
 Assorted Fruit



*Variety of Milk is offered with lunch each day.

**This institution is an equal opportunity employer and provider.