

January 2023 – Fridley High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, January 2 No School	Tuesday, January 3 Main: Calzones Roasted Broccoli Assorted Veg & Fruit Growler Grill: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ box, Crispy Chicken Salad	Wednesday, January 4 Main: Cheeseburger on Bun Potato Wedges Baked Beans Assorted Veg & Fruit Growler Grill: Chicken Wonton with Fried Rice Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, January 5 Main: Chicken Alfredo with Pasta & Breadstick Mixed Veggie Salad Assorted Veg & Fruit Growler Grill: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, January 6 Main: Snack'n Maple Waffles Turkey Sausage Assorted Veg & Fruit Growler Grill: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Sub Sandwich
Monday, January 9 Main: General Tso Chicken Brown Rice Sweet Chili Chips Assorted Veg & Fruit Growler Grill: Cheeseburger with Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, January 10 Main: Kick'n'Chicken Biscuit Mashed Potato Corn Assorted Veg & Fruit Growler Grill: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ box, Crispy Chicken Salad	Wednesday, January 11 Main: Empanada Mexican Fixing Three Sister Salad Assorted Veg & Fruit Growler Grill: Lasagna with Garlic Bread Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, January 12 Main: Mac'n'Cheese Chicken Tenders Garlic Green Beans Assorted Veg & Fruit Growler Grill: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, January 13 Main: Homemade Pizza Roasted Broccoli Assorted Veg & Fruit Growler Grill: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Sub Sandwich
Monday, January 16 No School	Tuesday, January 17 Main: Enchilada Bake Corn Chips Elote Corn Mexican Fixings Assorted Veg & Fruit Growler Grill: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ box, Crispy Chicken Salad	Wednesday, January 18 Main: Turkey Chili Fritos Mixed Veggie Salad Assorted Veg & Fruit Growler Grill: Mini Corn Dogs Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, January 19 Main: Beef Sambusa Rice Assorted Veg & Fruit Growler Grill: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, January 20 Main: Homemade Cheesy Bread Marinara Sauce Steamed Broccoli Assorted Veg & Fruit Growler Grill: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Sub Sandwich

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Monday, January 23 Main: Crispy Chicken Sandwich Parmesan Potatoes Coleslaw Assorted Veg & Fruit Growler Grill: Cheeseburger with Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, January 24 Main: Asian Noodle Bowl Chicken Dumplings Assorted Veg & Fruit Growler Grill: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ box, Crispy Chicken Salad	Wednesday, January 25 Main: Walking Beef Tacos Mexican Beans Mexican Fixings Assorted Veg & Fruit Growler Grill: Calzone Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, January 26 No School	Friday, January 27 No School
Monday, January 30 Main: Orange Chicken Rice & Sweet Chili Chips Roasted Broccoli Growler Grill: Cheeseburger with Fries Greens & Grains: Parfait, Italian Sub, Buffalo Chicken Wrap	Tuesday, January 31 Main: Penne Pasta with Marinara & Meatballs Garlic Bread Assorted Veg & Fruit Growler Grill: Spicy or Regular Crispy Chicken Sandwich Greens & Grains: Shaker Salad, PBJ box, Crispy Chicken Salad	Wednesday, February 1 Main: Cheeseburger on Bun Potato Wedges Baked Beans Assorted Veg & Fruit Growler Grill: Mini Corn Dogs Greens & Grains: Parfait, Chicken Caesar Wrap, Taco Salad	Thursday, February 2 Main: Crispy Chicken Drumstick Dutch Waffle Mixed Veggie Salad Assorted Veg & Fruit Growler Grill: Cheese or Pepperoni Pizza Greens & Grains: Cordon Bleu Wrap, PBJ, Shaker Salad	Friday, February 3 Main: Hangry Bear Pizza Roasted Carrots Assorted Veg & Fruit Growler Grill: Cook's Choice Greens & Grains: Parfait, Crispy Chicken Wrap, Sub Sandwich