

January 2023 - Fridley High School Lunch Menu

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



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

