

JANUARY 2023

BELMONT HARRISON CAREER CENTERS

LUNCH



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENU SUBJECT TO CHANGE WITHOUT NOTICE.



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

HAPPY NEW YEAR

3

SOFT PRETZELS
CHEESE
PEAS (HCC)
FRUIT
MILK

4

CALZONES
MIXED VEGETABLES
FRUIT
MILK

5

TOMATO SOUP
GRILLED CHEESE
CARROT STICKS
FRUIT, MILK

6

PIZZA
BROCCOLI AND CHEESE
FRUIT
MILK

9

CHICKEN PATTY SANDWICH
GREEN BEANS
FRUIT
MILK

10

TACO WRAP
CORN
REFRIED BEANS
FRUIT, MILK

National Milk Day

11

LASAGNA ROLL UP
ROLL
SIDE SALAD
FRUIT, MILK

12

CHILI CHEESE
TATER TOT BOWL
FRUIT
MILK

13

BREADSTICKS
CALIFORNIA BLEND
FRUIT
MILK

16

MARTIN LUTHER KING
DAY
NO SCHOOL

17

TACO IN A BAG
CORN
REFRIED BEANS
FRUIT
MILK

18

SPAGHETTI
SIDE SALAD & ROLL
FRUIT
MILK

BBQ PORK SANDWICH

BAKED BEANS
COLESLAW
FRUIT
MILK

National Cheese Lover's Day

DAY
CALZONES
BROCCOLI AND CHEESE
FRUIT, MILK

23

CHEESEBURGER
CARROTS
FRUIT
MILK

24

FIESTA PIZZA
CORN
REFRIED BEANS
FRUIT
MILK

25

POPCORN CHICKEN BOWLS
FRUIT
MILK

26

BONELESS WINGS
POTATO WEDGES
FRUIT
MILK

27

PIZZA
CALIFORNIA BLEND
FRUIT
MILK

30

MEATBALL SUBS
CARROT STICKS & RANCH DIP
FRUIT
MILK

31

QUESADILLA
CORN
REFRIED BEANS
FRUIT & MILK

