

JANUARY 2022

Caston School Corporation

LUNCH



School Information: Please make sure your students meal account is in the positive. There is NO CHARGING.
Alternates are offered to 6-12



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

3

TUESDAY

4

WEDNESDAY

5

THURSDAY

6

FRIDAY

7

Chicken Nuggets,
Mashed Potatoes,
Gravy, Corn, Fruit, and Milk

Alternate: Deli Sandwich

Hamburger, Sliced
Pickle, Green Lettuce
Leaf, Tomato Slice, Oven Fries,
Fruit, Cookie, and Milk

Alternate: Grilled Cheese Snd

Cheese Pizza, Garden Salad,
Carrots, Fruit, and Milk

Alternate: Yogurt Parfait

Chicken Patty Sandwich,
Mashed Potatoes, Gravy,
Corn, Fruit, and Milk

10

Alternate: Peanut Butter & Jelly

Walking Taco (Ground
Beef, Corn Chips, Shredded
Cheese & Lettuce, Diced Tomatoes) Refried
Beans, Fruit, and Milk

11

Alternate: Chicken Tenders

Tomato Soup, Grilled
Cheese, Grapes, Green
Beans, and Milk

12

Alternate: Deli Sandwich w/Chips

Hot Dog on Bun, Baked Beans,
Potato Cubes with Broccoli &
Cheese, Fruit, Cookie, and Milk

13

Alternate: Chicken Tenders

Pepperoni Pizza, Garden Salad,
Cherry Tomatoes & Celery, Ranch,
Fruit, and Milk

14

Alternate: Loaded Baked Potato

Chicken Alfredo,
Breadstick, Broccoli,
Fruit, Dessert, and Milk

17

Alternate: Corn Dog

Loaded Nachos, Black
Beans, Steamed Corn,
Diced Tomatoes, Black Olives, and
Shredded Cheese, Fruit, and Milk

18

Alternate: Bosco Stick W/Marinara

Chicken Patty Snd,
Mashed Potatoes, Mixed
Vegetables, Fruit, Cookie, and Milk

19

Alternate: Beef & Noodles

Lasagna Roll-Up, Garlic
Bread, Tossed Salad,
Fruit, Jell-O, and Milk

20

Alternate: Bagel w/Cream Cheese

Cheese Pizza, Garden Salad,
Cookie, Fruit Cup, and Milk

21

Alternate: Yogurt Parfait

Cheeseburger, Baked
Chips, Tomato Slice,
Pickle Spear, Grapes, and Milk

24

Alternate: Crispito w/Salsa

Baked Ham, Au Gratin
Potatoes, Green Beans,
Fruit, and Milk

25

Alternate: Ham & Cheese Croissant

Chicken & Noodles,
Mashed Potatoes, Corn,
Fruit, Dinner Roll (8-12), and Milk

26

Alternate: Chicken Drumstick

Turkey & Cheese Melt,
Potato Wedges, Garden
Salad, Fruit, and Milk

27

Alternate: Grilled Cheese

Pepperoni Pizza, Cole
Slaw, Sweet Potato Fries,
Spinach Salad, Fruit, and Milk

28

Alternate: Yogurt Parfait

Bosco Stick w/ Marinara
Sauce, Brussel Sprouts,
Fruit, Dessert, and Milk

31

Alternate: Pizza Calzone

