

Howells-Dodge Consolidated Schools

JANUARY Menu 2023

Breakfast

- 5) Cereal & Toast
- 6) Bagel

- 9) Churro
- 10) Breakfast Burrito
- 11) Biscuit & Gravy
- 12) Breakfast Sandwich
- 13) Apple Fritter

- 16) Poptart
- 17) Omelet, Meat & Toast
- 18) **NO SCHOOL**
- 19) Muffin
- 20) Breakfast Pizza



Jaguar Jabber Speech Meet

- 23) Tornadoes
- 24) Breakfast Sandwich
- 25) Waffle & Meat
- 26) Pretzel w/Cheese
- 27) Cinnamon Roll

- 30) Cereal & Toast
- 31) Turnover

Lunch

- Spaghetti & meat sauce
- Cheeseburger & Fries

- Chicken Stuffing Casserole
- Pigs in a blanket w/Fries
- Tater Tot Casserole
- Taco Bar
- Breaded Beef & butter spuds

- Chicken Fajitas
- Sub Sandwich w/Fries

- Calzone
- McRib w/Fries

- Ham & Mac Casserole w/Baked Beans
- Meatball sub w/Fries
- Chicken Sandwich w/Chips
- Corn on a stick w/fries
- Chicken Alfredo Casserole

- Swedish Meatballs w/Noodles
- Orange or Teriyaki Chicken w/Rice

**Menu subject to change

**Food bar & milk available with the lunch meal

**Fruit, Milk & Juice available with breakfast meal

**This institution is an equal opportunity provider