

## JANUARY 2022 Haywood County Schools: SHIS Menu



•	Monday	Tuesday	Wednesday	<ul><li>Thursday</li></ul>	<ul><li>Friday</li></ul>
•	Professional Development	Professional Development	Turkey & Cheese Croissant 5  Dill Pickle Spears  Veggies w/ Ranch  Chilled Fruit Variety  Frozen Fruit Sidekick	Grilled Cheese Steamed Broccoli Sweet Potatoes Fresh Fruit Variety 100% Fruit Juice	Deli Sub 7 Carroteenies & Celery Sticks w/ Ranch Fresh Fruit Variety 100% Fruit Juice
•	Chicken Sandwich Sun Chips Green Beans Chilled Fruit Variety 100% Fruit Juice	Taco Stick w/ Salsa Celery w/ Ranch Chilled Fruit Variety 100% Fruit Juice	Sloppy Joe Broccoli w/ Ranch Sweet Potatoes Chilled Fruit Variety 100% Fruit Juice	Italian Cheesy Pull-Apart 3 w/ Marinara Sauce Black-eyed Peas Fresh Fruit Variety 100% Fruit Juice	Deli Sub Baked Beans Celery Sticks w/ Ranch Fresh Fruit Variety 100% Fruit Juice
	Jan a Dann  DAY	BBQ Chicken Nachos 18 Glazed Carrots Fresh Fruit Variety 100% Fruit Juice	Ham & Cheese Sandwich 9 Dill Pickle Spears Veggies w/ Ranch Chilled Fruit Variety Frozen Fruit Sidekick	Hot Dog  Baked Beans Chilled Fruit Variety 100% Fruit Juice	Deli Sub Carroteenies & Celery Sticks w/ Ranch Fresh Fruit Variety 100% Fruit Juice
4	Cheeseburger Sun Chips Baked Beans Chilled Fruit Variety 100% Fruit Juice	Southwest Queso Chees 25 Pull-Apart w/Salsa Perfect Pinto Beans Mexicali Corn Chilled Fruit Variety 100% Fruit Juice	Turkey & Cheese Croissant 6  Dill Pickle Spears  Veggies w/ Ranch  Chilled Fruit Variety  Frozen Fruit Sidekick	Grilled Cheese Steamed Broccoli Sweet Potatoes Fresh Fruit Variety 100% Fruit Juice	Deli Sub  Carroteenies & Celery Sticks  w/ Ranch  Fresh Fruit Variety  100% Fruit Juice
	Chicken Sandwich  Doritos  Green Beans  Chilled Fruit Variety  100% Fruit Juice	se	udent meals are erved at no cost.	5	

Students may select from the five components to build a lunch. The components are fruit, grain, meat, vegetables and milk. A minimum of three different components must be taken to receive meal benefits. A one cup serving of fruit or vegetable or a combination of both must be taken to get lunch at no cost. Meals without a fruit or vegetable will be charged at a la carte pricing. A choice of white and flavored 1% milk is offered daily. Due to supply chain issues, menu items are subject to change.