



Crooksville HS 2022-2023 Menu


MENU #1

MONDAY Chicken Nuggets Choice of Potatoes Hot Vegetable Fruit & Milk	TUESDAY Pasta w/Meat Sauce Garlic Bread Green Beans Fruit & Milk	WEDNESDAY Deli Sub Choice of Potatoes Baked Beans Fruit & Milk	THURSDAY Hot Dog Mac & Cheese Carrots w/Ranch Dip Fruit & Milk	FRIDAY Hamburger Crispy Fries Cheese & Pickles Fruit & Milk
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MENU #2

MONDAY Chicken Strips Seasoned Pasta Broccoli & Cheese Fruit & Milk	TUESDAY Taco Salad Seasoned Meat Refried Beans Lettuce & Cheese Corn Fruit & Milk	WEDNESDAY Asian Rice Bowl Popcorn Chicken California Blend Veggies & Rice Egg Roll Fruit & Milk	THURSDAY Pizza Romaine Side Salad Chips Fruit & Milk	FRIDAY Bosco Sticks w/Marinara Sauce Hot Vegetable Fruit & Milk
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MENU #3

MONDAY Hot Dog Mac & Cheese Steamed Carrots Fruit & Milk	TUESDAY Ham & Cheese Sandwich Scalloped Potatoes Green Beans Fruit & Milk	WEDNESDAY Pulled Pork Sandwich Romaine Side Salad Tator Tots Fruit & Milk	THURSDAY Chicken Strips Whipped Potatoes w/Gravy Roll & Butter Fruit & Milk	FRIDAY Corn Dogs Baked Beans Chips Sweet Treat Fruit & Milk
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MENU #4

MONDAY Pizza Romaine Side Salad Chips Fruit & Milk	TUESDAY Chicken Patty Potato Puffs Vegetable Fruit & Milk	WEDNESDAY Chicken Quesadilla Rice & Refried Beans Buttered Corn Fruit & Milk	THURSDAY Grilled Cheese Soup Fruit & Milk	FRIDAY Chicken Nuggets Potatoes Carrots w/Ranch Dip Fruit & Milk
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PRICES:
Breakfast & Lunch
Free for all students
 Students Extra Milk \$.50
 Adults \$3.00
 Adult Extra Milk \$.50

Menus subject to change due to availability of foods or unplanned school closings.

- Cold Lunches also available:
Choice of Chef Salad or Uncrustable
 - Side Salad Available Every Day
- The Fruit & Vegetable Bar**
 Offers a variety of fruits and vegetables such as...
- Romaine Lettuce Mix
 - Carrots
 - Celery w/Peanut Butter
 - Broccoli & Cauliflower
 - Black Beans
 - Cheese
 - Pickles
 - Apples
 - Bananas
 - Applesauce
 - Grapes
 - Peaches



All flavored milk served is Fat Free, White milk is 1%.

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

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AUGUST 2022	SEPTEMBER 2022	OCTOBER 2022	NOVEMBER 2022	DECEMBER 2022	JANUARY 2023	FEBRUARY 2023	MARCH 2023	APRIL 2023	MAY 2023
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6	1 2 3	2 3 4 5 6 7 1	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7	1 2 3 4	1 2 3 4	1	1 2 3 4 5 6
7 8 9 10 11 12 13	4 5 6 7 8 9 10	9 10 11 12 13 14 15	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13
14 15 16 17 18 19 20	11 12 13 14 15 16 17	16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20
21 22 23 24 25 26 27	18 19 20 21 22 23 24	23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27
28 29 30 31	25 26 27 28 29 30	30 31	27 28 29 30	25 26 27 28 29 30 31	29 30 31	26 27 28	26 27 28 29 30 31	23 24 25 26 27 28 29	28 29 30 31