

ROANE COUNTY HIGH SCHOOL

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO SCHOOL	2 COOKS CHOICE	3 COOKS CHOICE	4 COOKS CHOICE
7 Chicken Biscuit Pepperoni Rolls Cheese Pizza Chip Variety Carrot Sticks/Cookie Garden Bar Milk	8 Eggs/Sausage Bacon Cheeseburger Fish Sandwich Lettuce/Tomato Cheesy Potatoes Garden Bar Milk	9 Belgium Waffle Sloppy Joes Grilled Chicken Sandwich Tater Tots Ice Cream Garden Bar Milk	10 Sausage Gravy/Biscuit General Tso's Chicken Chicken Teriyaki Fried Rice Carrot Sticks/Cookie Garden Bar Milk	11 Breakfast Pizza Mini Corn Dogs Boneless Wings Mac & Cheese Celery Sticks Garden Bar Milk
14 French Toast Sticks Pork BBQ Sandwich Bread. Chicken Sand Lettuce/Tomato. Tater Tots Garden Bar Milk	15 Pancake Sausage Stick Chicken Alfredo Cheese Pizza Celery Sticks Bread. Mozz Stick Garden Bar/Sherbet Milk	16 Belgium Waffle Cheddar Brat Sand. Chicken Parm Sand. Cheesy Potatoes Garden Bar Milk	17 Ham/Egg Muffin Cheesy Chicken Fiesta Pork Carnitas Tortillas/Black Beans Salsa/Chips/Sour Cream Garden Bar Milk	18 Breakfast Pizza Chicken Tenders Meatball Sandwich French Fries Garden Bar/Cookie Milk
21 NO SCHOOL	22 Belgium Waffle Beef Burrito Chicken Quesadilla Chip Variety Salsa & Sour Cream Refried Beans Garden Bar Milk	23 Sausage Gravy/Biscuit Open Face Turkey Sand. Country Fried Steak Mashed Potatoes Texas Toast Garden Bar/Brownie Milk	24 Pancake Wrap Pepperoni Rolls Cheese Pizza Chip Variety Carrot Sticks/Cookie Garden Bar Milk	25 Frittata Beef Ravioli Cheese Tortellini Meat or Marinara Sauce Caesar Salad Bread. Mozz Stick Milk
28 Breakfast Pizza Fish Sandwich Beef BBQ Sand Cole Slaw Chip Variety Garden Bar/Brownie Milk	29 Chicken Biscuit Pork Chop Sandwich Bacon Cheeseburger Lettuce/Tomato Au Gratin Potatoes Garden Bar Milk	30 Eggs/Sausage Fish Sticks Boneless Wings Mac & Cheese Carrot Stick Garden Bar Milk	31 Belgium Waffle Hot Dog & Sauce Bread. Chicken Sand. Corn Nuggets Cookie Garden Bar Milk	Garden Bar is offered as extra for all students Fruit, juice, cereal and yogurt available daily for breakfast

This institution is an equal opportunity provider

Menu subject to change

Cooks Choice is due to food delivery issues for that week. Please check with school for the menu for that day.