



BANGOR SCHOOL DEPARTMENT WS COHEN LUNCH MENU

JANUARY '22

Choice of low fat, chocolate, or skim milk served with each menu.

Menu subject to change without prior notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Nuggets Rice Pilaf/Peas Dinner Roll Applesauce	4 Cheeseburger on Bun Sweet Potato Fries Green Beans Fruit Cocktail	5 Grilled Cheese Sandwich Carrots w/Dip Pretzels Applecrisp w/Topping	6 Hot Dog on a Bun Vegetarian Bean Broccoli Mandarin Oranges	7 Italian Dunkers w/Dipping Sauce Corn Fresh Fruit
10 French Toast Sticks Hash Brown Sliced Ham/Juice Applesauce	11 Turkey and Cheese on a Bun Pretzels Celery w/Dip Fruit Cocktail	12 Dip a Taco w/Beef, Cheese, Lettuce & Tom Corn Pineapple	13 Chicken Patty on a Bun Broccoli/Veg Beans Sweet Potato Fries Peaches	14 Deep Dish Pizza Peas Pretzels Pears
17 NO SCHOOL MARTIN LUTHER KING DAY	18 Hamburger Oven Baked Fries Carrots w/ Dip Pineapple	19 Chicken Patty on a Bun Broccoli Seasoned Pasta Peaches	20 Chicken & Gravy Mashed Potato/Roll Applesauce Chocolate Chip Cookie	21 Italian Dunkers w/Dipping Sauce Corn Fresh Fruit
24 Waffles Sliced Ham Juice/Hash Brown Mandarin Oranges	25 Chicken Nuggets WW Breadstick/Broccoli Seasoned WG Pasta Applesauce	26 American Chop Suey Whole Wheat Roll Green Beans Pineapple	27 Hot Dog on a Roll Vegetarian Beans Carrots with Dip Pears	28 Deep Dish Pizza Peas Pretzels Fresh Fruit

There is no charge for breakfast and lunch this school year.

This institution is an equal opportunity employer. Due to several food shortages, the menu may change without prior notice.