

# Sudan High School Lunch Menu

January  
2026

Fruit and vegetables offered daily.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 Happy New Year!	2
5 HOM: Kale Cheese Bosco Sticks Marinara Sauce Crispy Chicken Nuggets Dinner Roll Steamed Peas Sweet and Savory Kale Salad Diced Peaches Apple Choice of Milk	6 Pork Carnitas Beef Nachos Refried Beans Celery Sticks Mixed Fruit Fresh Grapes Choice of Milk	7 Orange Chicken Brown Rice, WG Crispy Chicken Sandwich Steamed Carrots Cucumber Slices Pineapple Tidbits Orange Choice of Milk	8 Cheesy Ham Melt Classic Cheeseburger Steamed Corn Celery Sticks Applesauce Fresh Pear Choice of Milk	9 Spaghetti w/ Meatsauce Garlic Toast Homemade Cheese Pizza Roasted Broccoli Cucumber Slices Diced Peas Apple Choice of Milk
12 LTO- Chicken Shawarma Israeli Chicken Shawarma Crispy Chicken Nuggets Dinner Roll French Fries Baby Carrots Diced Peaches Apple Choice of Milk	13 Fajita Chicken Quesadilla Beef Tacos Spanish Rice Spiced Pinto Beans Garden Salad Mixed Fruit Fresh Grapes Choice of Milk	14 Italian Beef Lasagna Garlic Breadstick Crispy Chicken Sandwich Steamed Green Beans Side Salad Pineapple Tidbits Orange Choice of Milk	15 Classic Cheeseburger Chicken Bacon Ranch Melt Baked Beans, Vegetarian Red Pepper Strips Applesauce Fresh Pear Choice of Milk	16 Toasted Cheese Sandwich Goldfish Crackers Tomato Soup Homemade Pepperoni Pizza California Blend Vegetable Baby Carrots Sliced Peas Apple Choice of Milk
19 No School	20 Chicken Fajitas Beef Nachos Refried Beans Celery Sticks Mixed Fruit Fresh Grapes 1% Unflavored White Milk	21 Chicken Bacon Ranch Melt Crispy Chicken Sandwich Tator Tots Cucumber Slices Pineapple Tidbits Orange Choice of Milk	22 Creamy Macaroni & Cheese Classic Cheeseburger Roasted Carrots Celery Sticks Applesauce Fresh Pear Choice of Milk	23 Spaghetti w/ Meatsauce Garlic Breadstick Homemade Sausage Pizza Steamed Broccoli Cucumber Slices Diced Peas Apple Choice of Milk
26 Cheese Bosco Sticks Marinara Sauce Crispy Chicken Nuggets Dinner Roll Steamed Green Beans Baby Carrots Diced Peaches Apple Choice of Milk	27 Beef Tacos Chicken Taquito Spanish Rice Charro Beans Red Pepper Strips Mixed Fruit Fresh Grapes Choice of Milk	28 HOM - Rosemary Salisbury Steak Gravy Turkey BLT Wrap Garlic Rosemary Potatoes Baby Carrots Pineapple Tidbits Orange Choice of Milk	29 Creamy Chicken Spaghetti Dinner Roll Classic Cheeseburger Roasted Broccoli Red Pepper Strips Applesauce Fresh Pear Choice of Milk	30 Country Fried Chicken and Gravy Homemade Pepperoni Pizza French Fries Baby Carrots Diced Peas Apple Choice of Milk

## PRICES

Student  
Adult  
Extra Milk

Free  
\$4.40  
\$.75

## EXTRA INFO

Choice of Milk served daily: 1% Unflavored or FF Chocolate

For questions or concerns please contact:  
Tonya Draper, Food Service Director  
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## HARVEST OF



## THE MONTH

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