



**Reminder: Breakfast is Not served on Late Start Days**

The menus are Subject to Change - A choice of Milk is offered daily with Breakfast and Lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b><u>NO SCHOOL</u></b> <b><u>January</u></b> <b><u>2023</u></b> No Salad Bar until Wednesday</p>	<p>3 <b><u>Pancake/Syrup</u></b> Popcorn Shrimp-String Cheese Savory Carrots Applesauce Goldfish Snack</p>	<p><b><u>Closed</u></b></p>	<p>5 <b><u>Sweet Roll or Breakfast Pizza</u></b> Spaghetti with Meat sauce Mozzarella Bread Stick Seasoned Green Beans Pears</p>	<p>6 <b><u>Sausage Gravy-Biscuit</u></b> <b><u>EARLY OUT</u></b> Pork Sandwich Sweet Potato Fries Peaches</p>
<p>9 <b><u>Combo Bar/Toast</u></b> Cheeseburger-Bun Dill Spear Seasoned Green Beans Applesauce</p>	<p>10 <b><u>French Toast/Syrup</u></b> Chicken Drumstick Mashed Potatoes Diced Peaches Dinner Roll</p>	<p>11 <b><u>Sweet Roll</u></b> Breakfast Pizza Tri Tater Fruit Juice Yogurt</p>	<p>12 <b><u>Pizza</u></b> Chicken Alfredo Breaded Mozz. Ch. Stick Seasoned Carrots Fresh Fruit</p>	<p>13 <b><u>NO SCHOOL</u></b></p>
<p>16 <b><u>Cook's Choice</u></b> <b><u>Viking Fun Meal</u></b> Pepperoni, marinara, mozzarella cheese and Flatbread Fresh Vegetable Juice Box Cookie</p>	<p>17 <b><u>Pancake/Sausage/Stick</u></b> BBQ Rib- Bun Baked Beans Diced Pears Sun Chip 6-12</p>	<p>18 <b><u>Sweet Roll</u></b> Walking Taco Seasoned Corn Mixed Fruit Churro Bar</p>	<p>19 <b><u>Pizza</u></b> Goulash Seasoned Green Beans Fresh Fruit Bread Stick</p>	<p>20 <b><u>Sausage Gravy-Biscuit</u></b> <b><u>EARLY OUT</u></b> Pizza-Sausage Mixed Vegetables Mixed Fruit</p>
<p>23 <b><u>Cook's Choice</u></b> Chicken Nuggets Mashed Potatoes Gravy/Marg Applesauce Dinner Roll</p>	<p>24 <b><u>Pancake/Syrup</u></b> Taco Tot Casserole Seasoned Corn Diced Peaches Peanut Butter Bar</p>	<p>25 <b><u>Sweet Roll</u></b> Sweet &amp; Sour Chicken Fried Rice Steamed Broccoli Pineapple</p>	<p>26 <b><u>Pizza</u></b> Deli Meat and Cheese Sub Sandwich Broccoli Salad Sliced Apples Baked Cheetos</p>	<p>27 <b><u>Sausage Gravy-Biscuit</u></b> <b><u>EARLY OUT</u></b> Pizza Crunchers-Dip Mixed Vegetables Mixed Fruit Bread and Butter</p>
<p>30 <b><u>Combo Bar/Toast</u></b> Breaded Chicken Patty- Bun Seasoned Green Beans Applesauce</p>	<p>31 <b><u>French Toast/Syrup</u></b> Teriyaki Beef Dippers Brown Rice Broccoli/Cheese sauce Mandarin Oranges Bread and Butter</p>	<p>1 <b><u>Sweet Roll</u></b> Chili - Crackers PBJ Carrots/Celery/Ranch Diced Pears <b><u>FEBRUARY</u></b></p>	<p>2 <b><u>Pizza</u></b> Creamed Chicken Biscuit Seasoned Carrots Fresh Fruit</p>	<p>3 <b><u>Sausage Gravy-Biscuit</u></b> <b><u>EARLY OUT</u></b> Pizza-Pepperoni Mixed Vegetables Mixed Fruit</p>

All components are offered with each meal. Breakfast has daily choices of: Cold Cereal, Fruit, and Fruit Juice as well as the menu items  
Food Service questions or concerns should be directed to Karen Ackman, at 319-436-5771 or [karen.ackman@vscsd.org](mailto:karen.ackman@vscsd.org)

**Vinton-Shellsburg is an Equal Opportunity Provider**