



JANUARY

2021

Tenaha ISD High School



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Special Announcements:

Happy New Year!!!!

4.

Breakfast- Cinnamon Roll, yogurt
Lunch-Tiger Burger, cheese, fixins, Smiley Fries, peaches, orange, baby carrots, ,milk
Option-Pizza

5.

Breakfast- French Toast Sticks
Lunch- Hot Dog, chips, carrots, salad, pears, apple, milk, chili, cheese
Option- Corndogs

6.

Breakfast- Pancake on a Stick, fruit, juice, milk
Lunch- Pizza, corn, salad, fruit, milk, pudding
Option-Chicken Sand

7.

Breakfast-Omelet, toast, fruit, juice, milk
Lunch- Mini Corndogs, broccoli, carrots, Fruit mix, orange, milk,

8.

Breakfast-Pancake on a Stick
Lunch- Tacos, lettuce, cheese, pinto beans, pineapple, orange
Rice
Option- Burrito

11.

Breakfast- Sausage, Biscuit
Lunch-Hot ham & cheese on Ciabatta bun, pickle spears, broccoli, applesauce, orange, chips, milk
Option- Burger

12.

Breakfast- Omelet, Toast
Lunch- Chicken Rings, roll,, potatoes, gravy, green beans, baby carrots, pears, apples, milk
Option- Steak fingers

13.

Breakfast- Mini Pancakes
Lunch-Tiger chicken, cheese fixins, Tots, baby carrots, peaches, orange, milk
Option- Pizza

14.

Breakfast-Pizza
Lunch- Grilled cheese, SOUP, carrot stick, salad, peaches, milk

15.

NO SCHOOL

18.

Breakfast- French Toast Sticks
Lunch-Stuffed crust Pizza, salad, carrot sticks, corn, peaches, milk , pudding
Option- Chicken Sand.

19.

Breakfast- Sausage, Biscuit
Lunch- Chicken fried steak, roll, potatoes, gravy, black eyed peas, pears, orange, milk,
Option-Chicken rings

20.

Breakfast- Pancake on a stick
Lunch-Baked Potato, ham, cheese, 2 bread stick, broccoli, baby carrots, pears, orange milk
Option- Pizza

21.

Breakfast-Kolache
Lunch- Beef Tips & rice, green beans, roll, trop. fruit, orange, salad, milk

22.

Breakfast- Pizza
Lunch-Nachos, meat, cheese, pinto beans, mini carrots, pineapple, orange, milk, rice
Option-Burrito

25.

Breakfast- Biscuit, Gravy
Lunch- Fish Sticks, mac & cheese, salad, carrots, fruit, milk
Option-Chicken Strips

26.

Breakfast- Sausage, Biscuit
Lunch- Chicken Strips, potatoes, gravy, roll, green beans, baby carrots, pears, apples, milk
Option—Steak Fingers

27.

Breakfast- Cinnamon Roll, yogurt
Lunch-Tiger Burger, cheese, fixins, Smiley Fries, peaches, orange, baby carrots, ,milk
Option-Pizza

28.

Breakfast-Mini Pancakes
Lunch- Chicken Spaghetti, roll, green beans, salad, peaches, orange, milk

29.



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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