

Good Shepherd Bastrop

MONDAY

2ND
School Holiday

TUESDAY

3RD B: WG Pancakes,
pineapple,
L: Rice, Ground beef,
corn, pears,
S: pretzels, hummus

WEDNESDAY

4TH B: Kolaches,
pineapple,
L: Chicken, rice, mixed
veggies, sliced oranges
S: WG crackers , fruit
cup

THURSDAY

5THB: WG waffles, pears
L: Beef, Hamburger
buns, green beans,
apple sauce
S: Graham crackers ,
sun butter

FRIDAY

6TH B: WG cereal,
bananas,
L: Turkey, Tortillas,
salad, mango
S: animal crackers,
juice

9TH B: Potatoes, eggs,
cheese
L: Tator tots, beef,
corn, peaches
S: WG wheat thins,
sliced apples

10TH B: WG bagels,
pineapple,
L: beef and bean
burritos, carrots,
peaches
S: gold fish, cheese

11TH B: WG biscuits,
apple sauce,
L: Mashed potatoes,
chicken mixed, veggies,
peaches
S: Blueberry bread

12TH B: WG pancakes,
pineapple,
L: Orange chicken, rice,
carrots, pears,
S: cheeze its, veggie
sticks

13TH B: WG cereal,
bananas
L: Turkey, crackers,
salad, sliced oranges,
S: popcorn, juice

16TH B: Kolaches,
mango,
L: Ravioli, beef, green
beans, apple sauce,
S: WG crackers, cheese

17TH B: yogurt, Granola,
L: Corn dogs, corn,
sliced apples,
S: WG Triscuits,
hummus

18TH B: WG waffles,
peaches,
L: Grilled chicken, fried
rice, carrots, oranges,
S: grahams, sun butter

19TH B: Eggs, potatoes,
Cheese,
L: Beefy mac , corn,
apple sauce,
S: WG ritz, fruit cup

20TH B: WG cereal,
sliced oranges,
L: Turkey wraps, salad,
pears,
S: Blueberry bread

23RD WG biscuits,
apple sauce,
L: Frito pie, beans,
peaches,
S: pretzels, cheese

24TH B: WG pancakes,
mango,
L: Egg rolls, mixed
veggies, carrots
S: Pita bread, hummus

25TH B: kolaches,
pineapple
L: Taco pasta, beef,
beans peaches,
S: yogurt, granola

26TH B: WG bagels,
oranges,
L: beef, potatoes, corn,
pineapple,
S: wheat thins, apples

27TH B: WG cereal,
bananas,
L: turkey, crackers,
peaches, carrot sticks
S: crackers, juice

30TH B: WG Waffles,
mixed fruit,
L: Spaghetti, green
beans, mango
S: blueberry bread

31ST B: potatoes, eggs,
cheese,
L: chicken patty, peas,
WG bread, pears
S: goldfish, cheese

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:

- Elementary School Closed 1/16 for MLK day



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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