

January 2021

PFEIFFER INTERMEDIATE

LUNCH

All students eligible for free lunch due to nationwide waiver.

This institution is an equal opportunity provider
Menu Subject to Change



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday



Chicken Patty Sandwich
French Fries
Lettuce/Tomato Slice
Fruit
Milk
Alt. Lunch: Sub Sandwich

4

Tuesday



Pizza Hut
Romaine Salad
Celery Sticks
Fruit
Milk
Alt. Lunch: Sub Sandwich

5

Wednesday



Chicken Tenders
Goldfish Pretzels
Romaine Salad
Green Beans
Fruit Milk
Alt. Lunch: Sub Sandwich

6

Thursday



Walking Taco
Refried Beans
Lettuce/Tomato
Cookie
Fruit Milk
Alt. Lunch: Sub Sandwich

7

Friday



1

French Toast
w/sausage & Biscuit
Tater Tots
Baby Carrots
Fruit Milk
Alt. Lunch: Sub Sandwich

8

Bosco Cheese Stick
Marinara Sauce
French Fries
Fruit
Milk
Alt. Lunch: Turkey Munchable

11

Pizza
Romaine Salad
Baby Carrots
Fruit
Milk
Alt. Lunch: Turkey Munchable

12

Chicken Nuggets
Mashed Potatoes w/gravy
Corn
Fruit
Milk
Alt. Lunch: Turkey Munchable

13

Hot Dog Sandwich
French Fries
Baked Beans
Fruit
Milk
Alt. Lunch: Turkey Munchable

14

Grilled Cheese Sandwich
Tomato Soup
Tater Tots
Fruit
Milk
Alt. Lunch: Turkey Munchable

15



18

Pizza Hut
Romaine Salad
Baby Carrots
Fruit
Milk
Alt. Lunch: Yogurt Parfait

19

Chicken Sticks
Smile Potatoes
Roll
Broccoli
Fruit Milk
Alt. Lunch: Yogurt Parfait

20

Nachos & Cheese
w/Taco Meat
Refried Beans
Salsa
Fruit Milk
Alt. Lunch: Yogurt Parfait

21

Mini Corn Dogs
French Fries
Mixed Veggies
Fruit
Milk
Alt. Lunch: Yogurt Parfait

22

Panther Burger
French Fries
Lettuce/Tomato Slice
Baked Beans
Fruit Milk
Alt. Lunch: EZ Jammers Wowbutter

25

Pizza
Romaine Salad
Pepper Sticks
Fruit
Milk
Alt. Lunch: EZ Jammers Wowbutter

26

Chicken Nuggets
Mashed Potatoes w/Gravy
Corn
Fruit
Milk
Alt. Lunch: EZ Jammers Wowbutter

27

Soft Pretzel
w/cheesesauce
Tomato Soup
Baby Carrots
Fruit Milk
Alt. Lunch: EZ Jammers Wowbutter

28

Pizza Crunchers
French Fries
Romaine Salad
Fruit
Milk
Alt. Lunch: EZ Jammers Wowbutter

29