
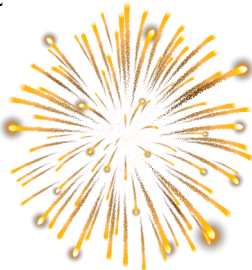


Rowley Alternative School  
Lunch Menus



All St. Bernard Parish Public School students are eligible for one free breakfast and one free lunch per day during the 2023-2024 school year

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL  HAPPY NEW YEARS!	2 	3 Asian Chicken Fried Rice Simmered Carrots Mixed Vegetables Lettuce & Tomato Cup Fruit Cup Milk Variety	4 BBQ Chicken Au Gratin Potatoes Steamed Broccoli Dinner Rolls Fresh Fruit Milk Variety	5 Pepperoni & Cheese Pizza Lettuce & Tomato Cup Salad Dressing Fruit Cup Milk Variety
8 Grilled Chicken Breast Yellow Rice Steamed Broccoli Dinner Rolls Fruit Cup Milk Variety	9 Nachos & Cheese Salsa Cup Steamed Corn Lettuce Cup Fresh Fruit Milk Variety	10 Turkey Roast Brown Rice Simmered Green Beans Steamed Carrots Dinner Rolls Fruit Cup Milk Variety	11 Pasta & Meat Sauce Lettuce & Tomato Cup Steamed Broccoli French Bread Fresh Fruit Milk Variety	12 Hot Dogs Baked Beans Mixed Vegetables Cookies Fruit Cup Milk Variety
15 NO SCHOOL MARTIN LUTHER KING JR DAY	16 Bean & Cheese Burrito Spanish Rice Simmered Corn Salsa Cup Fresh Fruit Milk Variety	17 Chicken Gumbo Grilled Cheese Lettuce & Tomato Cup Mixed Vegetables Fruit Cup Milk Variety	18 Hamburger or Cheeseburger French Fries Lettuce & Tomato Cup Fresh Fruit Milk Variety	19 Pepperoni & Cheese Pizza Lettuce & Tomato Cup Salad Dressing Steamed Broccoli Fruit Cup Milk Variety
22 Chicken Tenders Red Beans Brown Rice Carrots Fresh Fruit Juice	23 Taco Tuesday Lettuce Cup Salsa Simmered Corn Juice Milk Variety	24 Baked Chicken Mac & Cheese Lettuce & Tomato Cup Simmered Green Beans Fruit Cup Milk Variety	25 Meatballs & Spaghetti Steamed Broccoli Dinner Rolls Fresh Fruit Milk Variety	26 Grilled Cheese French Fries California Blend Vegetables Fruit Cup Milk Variety
29 Chicken Patty Sandwich French Fries Baked Beans Lettuce & Tomato Cup Fruit Cup Milk Variety	30 Salisbury Steak Mashed Potatoes Simmered Green Peas Tomato & Cucumber Salad Dinner Rolls Fresh Fruit Milk Variety	31 Asian Chicken Fried Rice Simmered Carrots Mixed Vegetables Lettuce & Tomato Cup Fruit Cup Milk Variety	1 BBQ Chicken Au Gratin Potatoes Steamed Broccoli Dinner Rolls Fresh Fruit Milk Variety	2 Pepperoni & Cheese Pizza Lettuce & Tomato Cup Salad Dressing Fruit Cup Milk Variety

**All student meals are free during the 2023-2024 school year.**

Students may purchase extra entrees (\$1.00), extra sides (\$0.50) 8 ounce milk (\$0.50) and 4 ounce Juice for (\$0.50 ) at the point of service. Extra items may not be charged.

Menus are subject to change due to the availability of food