<table>
<thead>
<tr>
<th>MON 1/3</th>
<th>TUE 1/4</th>
<th>WED 1/5</th>
<th>THU 1/6</th>
<th>FRI 1/7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast: French Toast or French Fries</td>
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<tr>
<td>Lunch: Tacos with Cheese Sauce</td>
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<td>32 oz = $0.95 Carton of Milk</td>
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**Meals Are Free for All Students Every Day!**

BC Middle School Lunch Menu - January 2022
Cup 10g
BBQ Sauce

Ramen 25g
Ketchup 3g

Juicebox 7oz 14g
baby carrots 6g
Applesauce cup 15g
Apple Slices 7g
Craisins 27g
Milk White 13g
Milk Chocolate 20g

Grilled Sandwich - 60g
Grip - 19g - 20g