

JANUARY 2020 - Menus



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

WINTER RECESS – Happy Holidays

		1-1	1-2	1-3
1-6	1-7	1-8	1-9	1-10
<p>Bean & Cheese Chimichanga - V Tangy Salsa Cup Crispy Potato Smiles Fruit Cup Fruit Juice</p>	<p>WG Pepperoni Pizza Wedge or WG Hawaiian Pizza Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Fruit - S Frozen Juice Cup</p>	<p>Grande Cheeseburger Fresh Garden Salad or Lettuce & Tomato Roasted Potato Wedges Fruit - S Fruit Juice</p>	<p>Oven Fried Chicken Drumstick Cornbread Celery Sticks Fiesta Pinto Beans or Campfire Baked Beans Fruit Cup Fruit Juice</p>	<p>Teriyaki Beef Dipper Rice Bowl Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Frozen Peach Pop Fruit Juice</p>
1-13	1-14	1-15 <i>New!</i>	1-16	1-17
<p>Bean & Cheese Pupusa Curtido Slaw - V Mexicali Salad - V Cornbread Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Petite Baby Carrots - S Sweet Corn or Roasted Corn or Street Corn Dried Fruit Fruit Juice</p>	<p>Mama's Meatball Sub Chicken Caesar Salad & Cheesy Bread <i>New!</i> Turkey & Provolone Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Fruit - S Frozen Juice Slush</p>	<p>Turkey & Mashed Potato Bowl Cornbread Chinese Chicken Salad Cornbread Pastrami & Cheese Croissant Petite Baby Carrots - S Creamy Mashed Potatoes Fruit - S Fruit Juice</p>	<p>Mini Chicken Corn Dogs Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Fresh Garden Salad Waffle Cut Fries Fruit Cup Fruit Juice</p>	<p>Taco Bean Dip Crunchy Tortilla Chips Chinese Chicken Salad Cornbread Classic Tuna Sandwich Petite Baby Carrots - S Sweet Corn OR Roasted Corn OR Street Corn Frozen Peach Pop Fruit - S Fruit Juice</p>

Daily Got Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat

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<p>1-20</p> <p>MARTIN LUTHER KING, JR. DAY</p>	<p>1-21</p> <p>Buffalo Chicken Bites Artisan Roll Yogurt & Granola - V Toasted Cheese Sandwich - V Mini Potato Tots Sweet Corn OR Roasted Corn OR Street Corn Fruit - S Frozen Juice Slush</p>	<p>1-22</p> <p><i>New!</i> Teriyaki Beef Sandwich Chinese Chicken Salad Cornbread Pastrami & Cheese Croissant Petite Baby Carrots - S Ruffle Fries Fruit - S Fruit Juice</p>	<p>1-23</p> <p>Nacho Pretzel Pocket - V Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Tangy Salsa Cup Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup Fruit Juice</p>	<p>1-24</p> <p>Cherry Blossom Chicken Bowl Chinese Chicken Salad Cornbread Classic Tuna Sandwich Petite Baby Carrots - S Broccoli Buds Frozen Peach Pop Fruit Juice</p>
<p>1-27</p> <p>Possible Burger - V Mexicali Salad - V Cornbread Deli Cheese Sandwich - V or Toasted Cheese Sandwich - V Petite Baby Carrots Sweet Corn OR Roasted Corn OR Street Corn Dried Fruit Fruit Juice</p>	<p>1-28</p> <p>Beef & Cheese Taco Burrito Chicken Caesar Salad & Cheesy Bread <i>New!</i> Turkey & Provolone Cheese Sandwich Fresh Garden Salad Fiesta Pinto Beans or Campfire Baked Beans Fruit - S Frozen Juice Cup</p>	<p>1-29</p> <p>Zesty Beef Chalupa with Spanish Rice Chinese Chicken Salad Cornbread Pastrami & Cheese Croissant Tangy Salsa Cup Sweet Corn OR Roasted Corn OR Street Corn Fruit - S Fruit Juice</p>	<p>1-30</p> <p>Mama's Meatball Sub Chicken Caesar Salad & Cheesy Bread Yellow Submarine Sandwich Celery Sticks Waffle Cut Fries OR Sweet Corn OR Roasted Corn OR Street Corn Fruit Cup Fruit Juice</p>	<p>1-31</p> <p>Salisbury Steak & Mashed Potatoes Cornbread Chinese Chicken Salad Cornbread Classic Tuna Sandwich Petite Baby Carrots - S Creamy Mashed Potato Fruit - S Fruit Juice</p>

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Posted 12/11/19

All of the Grain/Bread items served are Whole Grain Rich.

Per USDA, students MUST take at least 3 components as part of their lunch (one must be a fruit or vegetable).

S: Items with an (S) can be saved for later **V:** Vegetarian items

** Farm Fresh Fruits: Apple, Orange, Banana

Daily Options: All Star Turkey Hot Dog*, Grande Burger*, Golden Chicken Filet Sandwich*, WG Cheese Pizza Wedge, Yogurt & Granola, Vegan Burrito, Yogurt Parfait & Wholesome Granola and Smokin BBQ Rib Sandwich*

*Tuesday-Friday Only

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