



January 2019 - Menus

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Grades 9-12 Lunch

MENUS ARE SUBJECT TO CHANGE

<p>12-31</p> <ul style="list-style-type: none"> ★★ Toasted Cheese Sandwich -V ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-1</p> <p style="text-align: center;">NEW YEAR'S DAY HOLIDAY</p>	<p>1-2</p> <ul style="list-style-type: none"> ★★ Café LA Burger ★★ Pastrami & Cheese Croissant ★ Waffle Fries ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-3</p> <ul style="list-style-type: none"> ★★ Whole Grain Pepperoni Pizza ★★ California Chicken Wrap ★ Fresh Garden Salad ★ Celery Sticks ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>1-4</p> <ul style="list-style-type: none"> ★★ Mama's Meatball Sub ★★ Classic Tuna Sandwich ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk
<p>1-7</p> <ul style="list-style-type: none"> ★ Fiesta Omelet -V ★ Southern Buttermilk Biscuit ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V ★ Golden Hash Brown Patties ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-8</p> <ul style="list-style-type: none"> ★ Chicken Tenders ★ Corn Muffin ★★ Yellow Submarine Sandwich ★★ Tuna Salad Plate Pretzel Roll ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-9</p> <ul style="list-style-type: none"> ★★ Whole Grain Pepperoni Pizza ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>1-10</p> <ul style="list-style-type: none"> ★★ Manager's Choice ★★ California Chicken Wrap ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Roasted Potato Wedges ★ Celery Sticks ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-11</p> <ul style="list-style-type: none"> ★★ Teriyaki Beef Dipper Rice Bowl ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Broccoli Buds ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Slush ★ Got Milk
<p>1-14</p> <ul style="list-style-type: none"> ★★ Bean & Cheese Pupusa Curtido Slaw -V ★★ Toasted Cheese Sandwich -V ★★ Yogurt Parfait Wholesome Granola -V ★ Crinkle Cut Potatoes ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-15</p> <ul style="list-style-type: none"> ★ Chicken Tenders ★ Southern Buttermilk Biscuit ★★ Deli Turkey & Cheese Sandwich ★★ Tuna Salad Plate Pretzel Roll ★ Fiesta Pinto Beans ★ Fresh Garden Salad ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-16</p> <ul style="list-style-type: none"> ★ Taco Bean Dip ★ Crunchy Tortilla Chips ★★ Pastrami & Cheese Croissant ★★ Chicken Caesar & Cheesy Bread ★ Sweet Corn ★ Petite Baby Carrots - S ★ Fruit - S ★ Fruit Juice ★ Got Milk 	<p>1-17</p> <ul style="list-style-type: none"> ★ Oven Fried Chicken Drumstick ★ Corn Muffin ★★ California Chicken Wrap ★★ Chinese Chicken Salad ★ Aloha Roll - S ★ Creamy Mashed Potatoes ★ Fresh Garden Salad ★ Fruit Cup ★ Fruit Juice ★ Got Milk 	<p>1-18</p> <ul style="list-style-type: none"> ★ Café LA Burger or Café LA Cheeseburger ★★ Classic Tuna Sandwich ★★ Chicken Caesar & Cheesy Bread ★ Waffle Fries ★ Petite Baby Carrots - S ★ Fruit - S ★ Frozen Juice Cup ★ Got Milk



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1-21

DR. MARTIN L. KING BIRTHDAY HOLIDAY

1-22

- ★★ Whole Grain Chicken Pepperoni Pizza
- ★★ Toasted Cheese Sandwich -V
- ★★ Yogurt Parfait Wholesome Granola -V
 - ★ Sweet Corn
 - ★ Petite Baby Carrots - S
 - ★ Fruit - S
 - ★ Fruit Juice
 - ★ Got Milk

1-23

- ★★ Zesty Beef Chalupa with Rice
- ★★ Pastrami & Cheese Croissant
- ★★ Chicken Caesar & Cheesy Bread
 - ★ Fiesta Pinto Beans
 - ★ Fresh Garden Salad
 - ★ Fruit - S
 - ★ Fruit Juice
 - ★ Got Milk

1-24

- ★★ Crispy Chicken Filet Sandwich
- ★★ California Chicken Wrap
- ★★ Chinese Chicken Salad
 - ★ Aloha Roll - S
 - ★ Waffle Fries
 - ★ Celery Sticks
 - ★ Fruit Cup
 - ★ Fruit Juice
 - ★ Got Milk

1-25

- ★★ Tangerine Chicken & Fried Rice Bowl
- ★★ Classic Tuna Sandwich
- ★★ Chicken Caesar & Cheesy Bread
 - ★ Broccoli Buds
 - ★ Petite Baby Carrots - S
 - ★ Fruit - S
 - ★ Frozen Juice Slush
 - ★ Got Milk

1-28

- ★★ Whole Grain Deep Dish Cheese Pizza -V
- ★★ Toasted Cheese Sandwich -V
- ★★ Yogurt Parfait Wholesome Granola -V
 - ★ Sweet Corn
 - ★ Petite Baby Carrots - S
 - ★ Fruit - S
 - ★ Fruit Juice
 - ★ Got Milk

1-29

- ★★ Mama's Meatball Sub
- ★★ Yellow Submarine Sandwich
- ★★ Tuna Salad Plate Pretzel Roll
 - ★ Crinkle Cut Potatoes
 - ★ Fresh Garden Salad
 - ★ Fruit - S
 - ★ Fruit Juice
 - ★ Got Milk

1-30

- ★★ Philly Cheese Steak Sandwich
- ★★ Pastrami & Cheese Croissant
- ★★ Chicken Caesar & Cheesy Bread
 - ★ Fiesta Pinto Beans
 - ★ Petite Baby Carrots - S
 - ★ Fruit
 - ★ Fruit Juice
 - ★ Got Milk

1-31

- ★★ Manager's Choice
- ★★ California Chicken Wrap
- ★★ Chinese Chicken Salad
 - ★ Aloha Roll - S
- ★ Creamy Mashed Potatoes
 - ★ Cucumber Coins
 - ★ Fruit Cup
 - ★ Fruit Juice
 - ★ Got Milk

Posted 12/13/18

All of the Grain/Bread items served are Whole Grain Rich.
 Milk Options: White Low Fat 1%, White Fat Free, White Non-Fat Lactose Free, Chocolate Non-Fat
 ★: For a reimbursable meal, pick at least 3 ★'s. **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: Yogurt & Granola, Deli Cheese Sandwich, Toasted Cheese Sandwich, Vegan Burrito

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