

High School Lunch Menu January 2019

Sun	Mon	Tue	Wed	Thu	Fri	
		1	2	3	4	5
6	7 Pizza, California blend vegetables, tossed salad w/dressing, whole wheat sugar cookie, apple wedges, assorted milk	8 Chicken strips, mashed potatoes, green beans, roll, strawberries, and assorted milk	9 Hamburger, pickle, lettuce, tomato, baked beans, baked potato chips, pears, assorted milk	10 Lasagna, tossed salad w/dressing, roll, fruit cup, assorted milk	11 Chicken sandwich, potato wedges, ketchup, ranch, carrot/celery sticks, fruit cocktail, assorted milk	12
13	14 Ham & cheese sandwich, French fries, lettuce, tomato, pickle, mayo, mustard, ketchup, fruit cup, and assorted milk	15 Chicken strips, mac & cheese, peas, roll, tossed salad w/dressing, pear, and assorted milk	16 Taco casserole, refried beans, salsa, whole wheat chocolate chip cookie, fruit cocktail, and assorted milk	17 Chicken fried steak, mashed potatoes, broccoli, roll, assorted fruit, and assorted milk	18 Chicken spaghetti, green beans, tossed salad w/dressing, roll, pineapple, and assorted milk	19
20	21 NO SCHOOL	22 Pizza, tossed salad w/dressing, country blend vegetables, banana bread, assorted fruit, and assorted milk	23 Beef tacos, lettuce, tomato, salsa, refried beans, whole grain oatmeal cookie, apple wedges, and assorted milk	24 BBQ pork sandwich, baked beans, Cole slaw, peaches, and assorted milk	25 Spaghetti, green beans, tossed salad w/dressing, roll, pineapple, and assorted milk	26
27	28 Hamburger, French fries, lettuce, tomato, pickle, mayo, mustard, ketchup, whole grain chocolate chip cookie, pear, and assorted milk	29 Chicken fajitas, lettuce, tomato, salsa, pinto beans, spice cake, orange wedges, and assorted milk	30 Breaded beef sticks, potatoes, black eye peas, tossed salad w/dressing, roll, assorted fruit, and assorted milk	31 Sub sandwiches, lettuce, tomato, pickle, mayo mustard, ketchup, corn, fruit cup, and assorted milk	This institution is an equal opportunity provider.	
SECOND LINE: Subject to Change	Chicken Strips, Vegetable, Fruit, Milk	Pretzel Burger, Vegetable, Fruit, Milk	Chicken Strips, Vegetable, Fruit, Milk	Chicken Sandwich, Vegetable, Fruit, Milk	Round Pizza, Vegetable, Fruit, Milk	