

JANUARY 2018 HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL WINTER BREAK	2 NO SCHOOL WINTER BREAK	3 Shredded Turkey w/Gravy Over Mashed Potatoes and Whole Grain Roll OR Pizza Burger Tossed Salad with Romaine Mandarin Oranges Milk	4 Beef and Cheese Nachos w/Corn Tortilla Chips OR Hot Ham and Cheese Lettuce and Tomato Black Beans Grapes Milk	5 Cheesy Omelet and Pancakes OR Pork Patty on a Bun Potato Rounds Fresh Broccoli and Cucumbers w/Ranch Orange Juice Milk
8 NO SCHOOL PROFESSIONAL DEVELOPMENT	9 Crispitoes w/Seasoned Brown Rice Steamed Corn Fresh Cauliflower Clementine Milk	10 Chicken Strips w/Dinner Roll OR Fiesta Personal Pizza Baked Beans Spinach Salad Peaches Milk	11 Biscuit and Sausage Gravy w/ Sausage Patty OR Cheesy Chicken Enchiladas w/Spanish Rice Baby Carrots Red and Green Pepper Strips Apple Milk	12 Shrimp Poppers with String Cheese OR Salisbury Steak w/Gravy and Dinner Roll Mashed Potatoes Fresh Broccoli Pineapple and Bananas Milk
15 Beef Soft Shell Tacos w/Shredded Cheese OR Chicken, Cheese and Ranch Flatbread Shredded Lettuce, and Tomato, Refried Beans Mandarin Oranges Chocolate Chip Cookie Milk	16 Mandarin Orange Chicken OR Grilled Italian Chicken Seasoned Brown Rice Steamed Broccoli Celery Sticks w/Ranch Diced Pears Milk	17 Spaghetti w/Meat Balls OR Tiger Cheese Bread w/ Italian Dipping Sauce Green Beans Tossed Salad with Romaine Orange Wedges Milk	18 Mini Corn Dogs OR Stuffed Crust Pepperoni Pizza Steamed Peas Baby Carrots Apple Slices w/Cinnamon Milk	19 Cheeseburger OR Philly Cheese Steak Sandwich Tiger Tots Fresh Broccoli Kiwi Milk
22 Popcorn Chicken w/ Bread Slice w/Margarine OR Stuffed Crust Cheese Pizza Mashed Potatoes Spinach Salad Tropical Fruit Milk	23 Crispitoes w/Seasoned Brown Rice OR Steamed Broccoli Cucumber Slices Applesauce Milk	24 Walking Taco OR Chicken Fajita on a Soft Shell Spanish Rice Lettuce, Tomato, and Cheese Black Beans Orange Wedges Milk	25 French Toast Sticks Cheesy Omelet OR Lasagna Roll-Up w/ Bread Stick Tri Tator Grape Tomatoes w/Ranch Chilled Peaches Milk	26 Baked Potato Bar w/ Dinner Roll OR Meatball Sub Sweet Potato Waffle Fries Celery Sticks Fresh Strawberries Milk
29 Pepperoni French Bread Pizza w/ Marinara Sauce OR Mr. Rib Sandwich Steamed Carrots Cucumber Apple Milk	30 Crispy Chicken Fries w/ Bread Slice OR Cheese Quesadilla Pizza Green Beans Tossed Romaine Salad Pineapple Milk	31 Macaroni and Cheese w/WG Muffin OR Mozzarella Sticks w/ Marinara Sauce Steamed Broccoli Baby Carrots w/Ranch Strawberry Kiwi Slushie Milk	1 Breaded Chicken Patty on a Bun OR Fajita Chicken Pasta w/ Bread Stick Baked Beans Red and Green Pepper Strips Mandarin Orange Marshmallow Cup Milk	2 NO SCHOOL

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENUS ARE SUBJECT TO CHANGE. Must take (3) of (5) components and (1) must be a fruit or vegetable to count as a USDA school food program meal. **FRUIT AND VEGETABLE BAR AVAILABLE WITH MEALS

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WEEKLY ALTERNATING MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Pizza	Bacon Cheeseburger	Chicken Patty Sandwich or Spicy Chicken Sandwich	Sub Sandwich Bar	Breaded Cheese Sticks with Marinara Sauce
Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	TIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)	TTIGER POWER PACK (Muffin, String Cheese, Yogurt, Fresh Fruit, Baby Carrots)
Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich	Ham and Cheese Deli Sandwich
Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich	Turkey and Cheese Deli Sandwich

WEEKLY MENU ITEMS CAN BE MADE INTO A REIMBURSABLE. THE FRUIT AND VEGETABLE ITEM ON THE MONTHLY MENU WILL BE OFFERED.
Must take (3) of (5) components and (1) must be a fruit or vegetable to count as a USDA school food program meal.