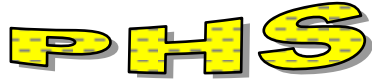


# HIGH SCHOOL

## January 2019 Lunch Menu

All meals include choice of  
Chocolate Skim, 1% or Skim Milk



### MENUS SUBJECT TO CHANGE

	1	2	3	4
	NO SCHOOL NEW YEARS DAY	Lasagna Roll Up Mixed Vegetable Caesar Salad Breadstick Or Chicken Fajita	Sloppy Joe Baked Beans Tots Or Totchos	Roast Beef & Cheddar Sandwich Curly Fries Or Homemade Pizza
7	8	9	10	11
Mini Corn Dogs Roundabouts Or Sriracha Chicken Bites Roundabouts	Chicken Teriyaki Dippers Rice Oriental Vegetables Or Egg Roll	Southwest Burger Waffle Fries Glazed Carrot Caesar Salad  <b>Both Lines</b>	Chicken Nuggets Mashed Potato/Gravy Corn Dinner Roll  <b>Both Lines</b>	Smokehouse BBQ Baked Beans Coleslaw Or Chili Cinnamon Roll
14	15	16	17	18
Grilled Cheese Tomato Soup Broccoli Or Cheeseburger Meatloaf/Bun Broccoli	Spaghetti/Meat Sauce Garlic Toast Or Buffalo Chicken Sub Corn	Chicken Patty/Bun Curly Fries Or Tater Tot Hotdish Dinner Roll	Build A Burger Baked Beans Caesar Salad  <b>Both Lines</b>	Homemade Pizza Mixed Vegetable Or Baked Potato Bar Breadstick Mixed Vegetable
21	22	23	24	25
<b>NO SCHOOL TEACHER WORKSHOP</b>	Macaroni & Cheese Broccoli Breadstick Or Spicy Chicken Patty/Bun Broccoli	Hot Ham & Cheese Scalloped Potatoes Or Hot Dog/Bun Scalloped Potatoes	Taco In A Bag Spanish Rice Corn  <b>Both Lines</b>	Mandarin Orange Chicken Oriental Vegetable Rice  <b>Both Lines</b>
28	29	30	31	
Cheeseburger French Fries Or Chicken Alfredo Breadstick	Crispy Chicken Mashed Potato/Gravy Corn Or Italian Dunkers Marinara Sauce	Nachos Refried Beans Spanish Rice Or Honey BBQ Chicken Bites	Turkey Gravy Mashed Potatoes Or BBQ Riblet On A Bun	

### Salad Bar

Full Salad Bar with assorted meat/meat alternate, fresh veggies & fruits

### Deli Style

Choose from fresh sub bun, croissant or wrap and Build Your Own Sandwich with fresh veggies, sandwich toppings & fruit

### Grab & Go

Variety of Premade Sandwiches, wraps & salads daily

### Fruits & Veggies

All lines have an assortment of fresh & canned fruit as well as a variety of fresh vegetables

### GOOD to GO

Student **MUST** take ½ c fruit/veggie + 2 other items to count as reimbursable meal

All grains served are whole grain-rich.