

JANUARY 2018

MIDDLE/HIGH LUNCH MENU

MONDAY

NO SCHOOL **1**

Happy New Year

BBQ CHICKEN ON A BUN
CORN
ASSORTED FRESH OR
CANNED FRUIT **8**

NO SCHOOL **15**
MARTIN LUTHER KING DAY

LOADED FRIES
CARROTEENIES
ASSORTED FRESH OR
CANNED FRUIT
HS LUNCH 11-12 **22**

CHICKEN GRAVY
MASHED POTATOES
GREEN BEANS
ASSORTED FRESH OR
CANNED FRUIT **29**

TUESDAY

NO SCHOOL **2**

COOK'S CHOICE FOR LUNCH
GREEN BEANS
ASSORTED FRESH OR
CANNED FRUIT OR
CHICKEN SALAD WRAP **9**

MAC & CHEESE W/G ROLL
GREEN BEANS
ASSORTED FRESH OR
CANNED FRUIT OR
PLAIN BAGEL **16**

ORIENTAL CHICKEN OVER RICE
MIXED VEGGIES
EGG ROLL
ASSORTED FRESH OR CANNED FRUIT OR
HAM & CHEESE SANDWICH
HS LUNCH 11-12 **23**

COOK'S CHOICE FOR LUNCH
BEETS
ASSORTED FRESH OR
CANNED FRUIT OR
CHEESE BAGEL **30**

WEDNESDAY

CHICKEN FRITTERS
CORN
ASSORTED FRESH OR
CANNED FRUIT OR
BOLOGNA SANDWICH **3**

TURKEY SUB
HOMEMADE SOUP
CARROTEENIES
ASSORTED FRESH OR
CANNED FRUIT **10**

COOK'S CHOICE FOR LUNCH
CARROT STICKS
ASSORTED FRESH OR
CANNED FRUIT OR
TURKEY & CHEESE SANDWICH **17**

GHOULASH W/G ROLL
CRISP ROMAINE SALAD
ASSORTED FRESH OR
CANNED FRUIT OR
TURKEY SALAD SANDWICH
HS LUNCH 11-12 **24**

TURKEY SUB
HOMEMADE SOUP
CARROTEENIES
ASSORTED FRESH OR
CANNED FRUIT **31**

THURSDAY

MEATBALL SUB
TATER TOTS
ASSORTED FRESH OR
CANNED FRUIT OR
TUNA SALAD SANDWICH **4**

CHICKEN PATTIES
SWEET POTATOE FRIES
ASSORTED FRESH OR
CANNED FRUIT OR
CHEESE BAGEL **11**

NEW: CHEESY CHICKEN NOODLE
BROCCOLI
ASSORTED FRESH OR
CANNED FRUIT OR
TUNA SALAD WRAP **18**

CHEESEBURGER
SWEET POTATOE FRIES
ASSORTED FRESH OR
CANNED FRUIT OR
EGG SALAD WRAP
HS LUNCH 11-12 **25**

DID YOU KNOW...
JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.

FRIDAY

PIZZA
ROMAINE SALAD W/ CHICK PEAS
ASSORTED FRESH OR
CANNED FRUIT OR
EGG SALAD WRAP **5**

TOASTED CHEESE &
TOMATO SOUP
ROMAINE SALAD
ASSORTED FRESH OR CANNED FRUIT OR
EGG SALAD SANDWICH **12**

ESKIMO ADVENTURE
ROMAINE SALAD
ASSORTED FRESH OR
CANNED FRUIT OR
EGG SALAD SANDWICH **19**

NO SCHOOL **26**
SUPERINTENDENT'S CONFERENCE DAY
STAFF ONLY

Breakfast
Free for All students
6th – 12th grade

All meals require at least one fruit or vegetable choice!

Breads are whole grain, wheat or whole grain white

Milk: 1%, Low Fat Choc. & Skim

OFFERED DAILY: SALAD BAR, PBJ & YOGURTS

NO SCHOOL- 1ST, 2ND or 26TH!

HIGH SCHOOL -MID-TERMS ARE: JAN: 22-25, 2018
HIGH SCHOOL LUNCH WILL BE OFFERED @11to12

Extra Meal:
Middle/High- \$2.75
Extra Portions - \$.75-\$1.50
Ice cream-\$.70-\$1.50
Snacks - \$.70-\$1.50
Milk or Juice - \$.65

Menu subject to change depending on availability of food product.

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