



Join Us for Breakfast ! BREAKFAST SERVED AT HIGH SCHOOL 7:00 - 7:30 MIDDLE SCHOOL 7:15-7:50 Student Price \$1.35 Reduced \$0.25 Free \$0.00

January 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 SCHOOL CLOSED Winter Recess 	2 Maple Glazed French Toast Turkey Sausage Links Crispy Turkey Bacon Hash Brown Fresh Carrot Sticks Fresh Fruit	3 Bosco's Cheese Filled Sticks Marinara Dipping Sauce Roasted Green Beans Fresh Celery Sticks Fresh Fruit	4 Tyson Chicken Nuggets Fresh Baked Breadstick Fresh Roasted Sweet Potatoes Fresh Red & Green Pepper Strips Fresh Fruit	5 Boneless BBQ Beef Riblet on a Club Roll Mexican Style Refried Beans Fresh Cucumber Coins Fresh Fruit
8 NEW Chickendipity Chicken Tenders & Belgian Waffle Tater Tots Fresh Celery Sticks Fresh Fruit	9 GYRO Sliced Beef Fresh Tzatziki Sauce Fresh Cucumbers & Tomato Seasoned Green Beans Fresh Fruit	10 Mozzarella Sticks Marinara Dipping Sauce Steamed Mixed Vegetables Fresh Baby Carrots Fresh Fruit	11 Tyson Chicken Nuggets Fresh Baked Breadstick Steamed Cabbage Fresh Roasted Sweet Potatoes Fresh Fruit	12 Meat Lovers Stromboli Salami, Pepperoni, Turkey Ham & Marinara Dipping Sauce Roasted Garbanzo Beans Seasoned Broccoli Fresh Fruit
15 SCHOOL CLOSED 	16 Breaded Pork Chop Bread Stuffing Mashed Potato Seasoned Green Beans Fresh Fruit	17 Lasagna Garlic Breadstick Seasoned Peas Fresh Red & Green Pepper Strips Fresh Fruit	18 Tyson Chicken Nuggets Fresh Baked Breadstick Fresh Roasted Herb Potatoes Fresh Celery Sticks Fresh Fruit	19 Calzone Choose from Buffalo Chicken or Cheese Roasted Carrots Fresh Cucumber Coins Fresh Fruit
22 Popcorn Chicken Choose your dipping sauce Sweet & Sour, Ranch, BBQ, or Honey Mustard Seasoned Broccoli Fresh Carrot Sticks Fresh Fruit	23 All American Burger Bar All Beef Burger Assorted Rolls & Cheese Tomato, Lettuce & Onions Crisp Turkey Bacon Oven Baked French Fries Fresh Cucumbers Fresh Fruit	24 Soup & Sandwich Grilled Cheese Sandwich Chicken Noodle Soup Seasoned Peas Fresh Celery Sticks Fresh Fruit	25 Tyson Chicken Nuggets Fresh Baked Breadstick Oven Baked Fries Fresh Red & Green Pepper Strips Fresh Fruit	26 Meatball Hero Seasoned Green Beans Fresh Carrots Fresh Fruit
29 Macaroni & Cheese Garlic Breadstick Seasoned Broccoli Fresh Cucumber Coins Fresh Fruit	30 Taco Tuesday Seasoned Beef Tostitos Scoops Mexicali Corn Vegetarian Beans Fresh Fruit	31 Turkey Melt Sandwich Sliced Turkey, American Cheese & Turkey Bacon Sautéed Onions Seasoned Peas Fresh Fruit		A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two(2) fruit side dishes and a choice of milk which includes, 1% white, fat free white & skim chocolate.

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Choose as an Alternate Fruit or Vegetable With Any Meal:

Dark Leafy Greens, Seasonal Vegetables and Fresh Fruit

Additional Daily Lunch Offerings:

Pizza: Variety of Pizza Daily

Deli Bar: Boar's Head (or equivalent) made-to-order sandwiches

Side Salads: Mon: Chick Pea; Tues: Three Bean Salad; Wed: Corn & Black Bean; Thurs: Coleslaw; Fri: Cucumber & Tomato

Entrée Salads: Offered Daily

Chicken Patties: Offered Mon, Wed, Fri

Hot Dogs & Hamburgers: Offered Tues & Thurs

Bagel Meal: Fresh Bagel with All-Natural Yogurt and/or Cheese and Fruit, Vegetable and Milk

Yogurt Parfait: All-Natural Yogurt with Granola and Fruit

Menu is subject to change

This institution and the USDA is an equal opportunity employer and provider.

