

High School Lunch Menu January 2017

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
2		3		4		5 **New Item**		27	
WINTER BREAK NO SCHOOL		WINTER BREAK NO SCHOOL		Popcorn Chicken 16 BBQ Sauce 9 Sweet Potato Fries 19 Refried Beans 20 Chilled Pears 14 Milk (assorted) 15		<u>Calzone</u> 33 <u>Red Dipping Sauce</u> 14 Mashed Potatoes 17 Mixed Fruit 17 <u>Milk (assorted)</u> 15		Big Daddy Pepperoni Pizza 43 Cucumber Slices 0 Zucchini Slices 2 Ranch Dressing 1 Banana 15 Milk (assorted) 15	
9		10		11		12		13	
Nacho Bites 32 Salsa 8 Fresh Spinach Salad 10 Craisins Strawberry 36 Milk (assorted) 15		Hot Dog / WG Bun 1/26 Potato Wedges 22 Cucumber Slices 0 Ranch Dressing 1 Fruit Slushie 20 Milk (assorted) 15		Cheeseburger 29 WG Bun 26 Sweet Corn 23 French Fries 13 Diced Peaches 15 Milk (assorted) 15		Green Chile Quesadilla 32 Broccoli 2 Refried Beans 20 Orange Wedges 21 Milk (assorted) 15		<u>Bosco Sticks</u> 30 <u>Red Dipping Sauce</u> 14 <u>Dragon Punch</u> 4 <u>Applesauce</u> 15 <u>Milk (assorted)</u> 15	
16		17		18		19		20	
MLK DAY NO SCHOOL		Shrimp Poppers 44 Edamame 9 Sweet Potato Fries 16 Craisins Strawberry 36 100% Juice Cup 15 Milk (assorted) 15		Popcorn Chicken 16 Dinner Roll 20 Smiley Potatoes 24 Sweet Corn 17 Diced Peaches 13 Milk (assorted) 15		Corn Dog Nuggets 22 Fresh Spinach Salad 5 Seasoned Potato Wedges 18 Golden Delicious Apple 22 Milk (assorted) 15		Big Daddy Cheese Pizza 36 Cucumber Slices 0 Baby Carrots 5 Ranch Dressing 1 Orange Wedges 21 Milk (assorted) 15	
23		24		25		26		27	
Teriyaki Chicken 10 Rice 81 Stir Fry Veggies 6 Baby Carrots 8 Chilled Pears 14 Milk (assorted) 15		Corn Dog 33 Romaine Salad 3 Ranch Dressing 1 Celery Sticks 2 Mandarin Oranges 17 Milk (assorted) 15		Chicken Patty 16 WG Bun 27 Mashed Potatoes 15 Baby Carrots 8 Raisels 26 Milk (assorted) 15		French Toast Sticks / Syrup 26/30 Sausage Links 0 English Muffin 12 Tater Rounds 19 Wango Mango Juice 13 Milk (assorted) 21		Cheese Sticks 33 Red Dipping Sauce 12 Seasoned Fries 20 Diced Peaches 13 100% Juice Cup 15 Milk (assorted) 15	
30 **Halloween Treat**		31							
<u>Corn Dog Nuggets</u> 22 <u>Mashed Potatoes</u> 15 <u>Black Beans</u> 18 <u>Red Delicious Apple</u> 28 <u>Milk (assorted)</u> 15		<u>Calzone</u> 33 <u>Red Dipping</u> 14 <u>Tater Rounds</u> 19 <u>Orange Wedges</u> 21 <u>Milk (assorted)</u> 15							

PREMIUM OPTION
 An alternate premium entrée featuring a larger portion and an extra side for \$3.00.

January 4
 Baked Chicken (0)
 Bread Sticks (13)
 Mashed Potatoes (17)
 Gravy (4)
 Sweet Corn (17)
 Apple Slices (8)
 Juice (15)
 Milk (15)

January 11
 Meatloaf (6)
 Bread Sticks (13)
 Mashed Potatoes (17)
 Gravy (4)
 Sweet Corn (17)
 Apple Slices (8)
 Juice (15)
 Milk (15)

January 18
 Baked Chicken (0)
 Bread Sticks (13)
 Mashed Potatoes (17)
 Gravy (4)
 Sweet Corn (17)
 Apple Slices (8)
 Juice (15)
 Milk (15)

January 25
 Italian Beef (0)
 WG Bun (27)
 Mashed Potatoes (17)
 Gravy (4)
 Sweet Corn (17)
 Apple Slices (8)
 Juice (15)
 Milk (15)

Prices

Lunch: \$2.75
 Milk: \$0.40

Menu subject to change.

Advance notice will be given when possible.
 When viewing menu online click any individual item to view full nutritional information.

Disclaimer About Carbs

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

Alternate Options

Pasta Bar
 Sandwich Bar
 Pizza Selection
 Chicken Selection

