

HIGH SCHOOL LUNCH MENU **JANUARY 2019**



Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
		1 NO SCHOOL - WINTER BREAK		2 NO SCHOOL - WINTER BREAK		3 NO SCHOOL - INSTITUTE DAY		4 NO SCHOOL - INSTITUTE DAY	
7		8		9		10		11	
Teriyaki Chicken	9	Mini Confetti Pancakes	36	Chicken Patty	15	Cheese French Bread	33	Big Daddy Cheese Pizza	43
Rice	37	Sausage Patty	0	Dinner Roll	13	Red Dipping Sauce	7	Cucumber Slices	1
Cherry Tomatoes	3	Baby Carrots	8	BBQ Sauce	10	Mashed Potatoes	14	Zucchini Slices	4
Red Delicious Apple	19	Tater Rounds	14	Sweet Potato Fries	21	Mixed Fruit	13	Ranch Dressing	2
		Orange Wedges	18	Refried Beans	23			Banana	27
				Chilled Pears	15				
14		15		16		17		18	
Cheese Bites	28	Hot Dog	1	Cheeseburger	27	Cheese Quesadilla	31	Bosco Sticks	34
Red Dipping Sauce	7	WG Bun	27	Sweet Corn	17	Broccoli	2	Red Dipping Sauce	14
Romaine Salad	2	Potato Wedges	17	French Fries	21	Refried Beans	23	Celery Sticks	2
Ranch Dressing	1	Cucumber Slices	0	Diced Peaches	12	Orange Wedges	21	Ranch Dressing	2
Cherry Tomatoes	2	Ranch Dressing	2					Banana	29
Green Grapes	15	Fruit Slushie	22						
21		22		23		24		25	
NO SCHOOL - MLK DAY		Shrimp Poppers	44	Popcorn Chicken	14	Corn Dog Nuggets	16	Big Daddy Cheese Pizza	43
		Edamame	7	Dinner Roll	13	Fresh Spinach Salad	3	Cucumber Slices	0
		Sweet Potato Fries	17	Smiley Potatoes	20	Baked Beans	15	Baby Carrots	3
		Raisels	35	Sweet Corn	17	Golden Delicious Apple	22	Ranch Dressing	1
				Diced Peaches	12			Orange Wedges	21
28		29		30		31			
Philly Steak	4	Corn Dog	30	Chicken Patty	15	French Toast Sticks	28		
WG Bun	27	Romaine Salad	2	WG Bun	17	Pancake Syrup	30		
Peppers & Onions	7	Ranch Dressing	2	Mashed Potatoes	14	Sausage Links	2		
Baby Carrots	8	Celery Sticks	2	Baby Carrots	3	1/2 English Muffin	13		
Chilled Pears	15	Mandarin Oranges	20	Raisels	35	Edamame	7		
						Wango Mango Juice	13		
						Orange Wedges	18		

Daily Items

Deli Bar
Pasta Bar
Pizza Selection
Chicken Selection

Prices

Lunch: \$2.90
Breakfast: \$1.75
Milk: \$0.40
All meals served with choice of milk

Disclaimers

Menu subject to change. Advance notice will be given when possible.
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.