

# JANUARY 2019



Child lunches are \$2.75. Adult lunches are \$3.90. All students must take, at the least, three of the five offered components to meet the requirements of a full lunch. Fresh fruits/vegetables are offered daily when available. If you have any questions, please call the kitchen manager at 683-2112 x119

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Alternate Lunches Available Daily</b> B - Julienne Salad w/ 2 WG Rolls C - Yogurt Parfait w/granola and WG muffin D - Deli Ham Sandwich E - Deli Turkey Sandwich		2 Popcorn Chicken Oven Fries Corn & Fruit	3 Nachos Supreme Refried Beans Carrots & Fruit	4 Cheese Pizza Romaine Salad Cauliflower & Fruit
7 Chicken Caesar Salad Breadstick Tomato Soup & Fruit	8 Taco-in-a-Bag Texas Caviar Carrots & Fruit	9 Mac-n-Cheese Cauliflower Mixed Veggies & Fruit	10 Turkey Dinner Mashed Potatoes Corn & Fruit	11 Cheese Calzones Romaine Salad Peas & Fruit
14 French Toast Hash Brown Patty Sausage & Juice	15 Nachos Supreme Seasoned Rice Corn & Fruit	16 Loaded Baked Potato Broccoli Tomato Soup & Fruit	17 Cheeseburgers Baked Beans Oven Fries & Sidekicks	18 Cheese Pizza Cucumber Salad Cauliflower & Fruit
<b>NO SCHOOL</b>	22 Taco-in-a-Bag Sweet Potato Fries Mixed Veggies & Fruit	23 Mac-n-Cheese Tomato Soup Green Beans & Fruit	24 Chicken-n-Biscuits Mixed Veggies Broccoli & Fruit	25 Cheese Calzones Romaine Salad Carrots & Fruit
28 Baked Chicken Mashed Potatoes Carrots & Fruit	29 Taco Salad Refried Beans Corn & Fruit	30 Grilled Cheese Tomato Soup Peas & Fruit	31 Chicken Patty Oven Fries Mixed Veggies & Fruit	<b>A Healthy Lunch starts with:</b> <ul style="list-style-type: none"> <li>• Vegetable and/ or fruit</li> <li>• Lean Protein &amp; whole grains</li> <li>• Milk</li> </ul>

Menu subject to change.