



JANUARY | 2019

Hamady Middle/High Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
7 COOK'S CHOICE	8 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	9 WG BREADED CHICKEN NUGGETS WG DINNER ROLL OR COOK'S CHOICE MASHED POTATOES W/ GRAVY MANDARIN ORANGES	10 MINI CORN DOGS OR COOK'S CHOICE WHOLE KERNEL CORN PINEAPPLE TIDBITS SORBET CUP	11 NACHO GRANDE W/ MEAT & CHEESE BAKED BEANS CINNAMON ROLL SALSA OR DELI SANDWICH 100% JUICE
14 KOEGEL HOTDOG ON A WG BUN CONEY SAUCE OR BOSCO STICKS W/ MARINARA OVEN FRIES TROPICAL FRUIT	15 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	16 LASAGNA ROLL UPS GARLIC BREADSTICK OR COOK'S CHOICE WHOLE KERNEL CORN DICED PEARS IN LITE SYRUP	17 HALF DAY NO LUNCH	18 HALF DAY NO LUNCH
21 NO SCHOOL	22 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	23 WET BURRITO OR MEATBALL SUB STEAMED BROCCOLI W/ CHEESE SAUCE WATERMELON	24 SWEET & SOUR CHICKEN W/ RICE OR COOK'S CHOICE ASIAN VEGGIES EGG ROLL FORTUNE COOKIS	25 HALF DAY NO LUNCH
28 CHICKEN ALFERDO DINNER ROLL OR COOK'S CHOICE BRUSSEL SPROUTS FRUIT COCKTAIL IN LITE SYRUP 100% JUICE	29 DONMINO'S PIZZA OR DELI SANDWICH CARROT STICKS W/ LO FAT RANCH APPLESAUCE CUP POLAR BLAST BAR	30 WG BREADED BAKED CHICKEN MASHED POTATOES W/ GRAVY STUFFING WG DINNER ROLL SORBET CUP	31 CHICKEN NOODLE SOUP W/ OYSTER CRACKERS CHEESY BREAD OR COOK'S CHOICE SICILIAN BLEND VEGGIES WATERMELON	1

News

MENU IS SUBJECT TO CHANGE

FRESH FRUIT AVAILABLE DAILY

ALL MEALS INCLUDE 1% WHITE MILK OR 1% CHOCOLATE MILK

PLUS

VEGGIE BAR (LETTUCE, TOMATOES, CARROTS, CELERY, CUCUMBERS, BROCCOLI)

LUNCH PRICES

**ADULTS \$3.75
MILK \$.50**

DAILY MENU CHOICES WILL INCLUDE:

**DELI SANDWICH
CHEF SALAD**