

# JANUARY



## Middle & High School Lunch Menu



Fruit Nutritionals



Milk Nutritionals

**Milk and fresh seasonal fruit offered daily with each entree.**



*NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

Monday		Tuesday		Wednesday		Thursday		Friday		
1	<p>Breakfast Meal Price \$1.75 Lunch Meal Price: \$3.50 1%, Non-Fat and Non-Fat Chocolate Milk offered daily \$0.50</p> <p>100% Vegetable Juice Nutrition offered Tues &amp; Fri</p>	2		3	<p><b>SALAD BAR OFFERED DAILY WITH EVERY ENTREE</b></p> <p>Salad Bar Daily Nutrition</p>	4		5		
8	<p>Tomato Basil Soup Toasted Cheese Sandwich UNO'S Cheese Pizza Jicama with chili &amp; lime</p> <p><b>MEATLESS MONDAY</b></p>	9	<p>Beef Tacos Beef Tamales Chicken Tamales Tortilla Corn Chips Garbanzo Bean Salad Pico de Gallo salsa Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	10	<p>Chicken Tenders Dutch Waffle Fresh Coleslaw Famous Mac and Cheese Fresh Broccoli</p>	11	<p>French Bread Cheese Pizza French Bread Pepperoni Pizza UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Big Daddy Cheese Pizza Bid Daddy Buffalo Chicken Pizza Big Daddy Turkey Pepperoni Pizza Spaghetti &amp; Meat Sauce</p>	12	<p>Mandarin Orange Chicken Brown Rice Herb Roasted Chicken Dinner Roll Edamame Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	
15	<p>HOLIDAY</p>	16	<p>Tahoe Cheeseburger Tahoe Burger Chicken Sub Baked Curly Fries Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	17	<p>Popcorn Chicken Roasted Potatoes Spaghetti &amp; Meatballs Dinner Roll Fresh Broccoli</p>	18	<p>French Bread Cheese Pizza French Bread Pepperoni Pizza Bid Daddy Buffalo Chicken Pizza Big Daddy Cheese Pizza Big Daddy Turkey Pepperoni Pizza UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Edamame Kung Pao Chicken Brown Rice</p>	19	<p>Hot Turkey &amp; Cheese Sandwich Chicken Tortilla Soup Fresh Coleslaw Baked Potato Tots Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	
22	<p>Tomato Basil Soup Spaghetti &amp; Tomato Sauce Toasted Cheese Sandwich Jicama with chili &amp; lime</p> <p><b>MEATLESS MONDAY</b></p>	23	<p>Beef Tacos Beef Tamales Chicken Tamales Tortilla Corn Chips Garbanzo Bean Salad Pico de Gallo salsa Celery Sticks Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	24	<p>Chicken Tenders Dutch Waffle Fresh Coleslaw Famous Mac and Cheese Fresh Broccoli</p>	25	<p>French Bread Cheese Pizza French Bread Pepperoni Pizza Bid Daddy Buffalo Chicken Pizza Big Daddy Cheese Pizza Big Daddy Turkey Pepperoni Pizza UNO'S Cheese Pizza UNO's Uncured Pepperoni Pizza Spaghetti &amp; Meat Sauce</p>	26	<p>Mandarin Orange Chicken Brown Rice Herb Roasted Chicken Dinner Roll Edamame Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	
Middle & High Schools Minimum Day Jan 25-26										
29	<p>Tomato Basil Soup Toasted Cheese Sandwich UNO'S Cheese Pizza Jicama with chili &amp; lime</p> <p><b>MEATLESS MONDAY</b></p>	30	<p>Tahoe Burger Tahoe Cheeseburger Chicken Sub Baked Curly Fries Fruitables Gold Juice Fruitables Punch Juice Fruitables Tropical Juice</p>	31	<p>Popcorn Chicken Roasted Potatoes Spaghetti &amp; Meatballs Dinner Roll Fresh Broccoli</p>	<p>Visit <a href="http://www.ttusdhealthymeals.org">www.ttusdhealthymeals.org</a></p>				

**This institution is an equal opportunity provider.**

*Unexpected menu changes may occur due to availability and weather.*