



Feeding Hungry Minds

# PYUSD Nutrition Services

## High School Menu

### January 2019



### Fresh Start

Student Breakfast \$1.50

**Cinnamon Roll, Pan Dulce, Bagel & Cream Cheese, Yogurt Parfait, Bosco Stick or Assorted Cereal w/ String Cheese.**

#### Daily Breakfast Specials:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Scrambler Bowl	Dutch Waffle w/Sausage	Pancake Wrap	English Muffin Sandwich	Breakfast Burrito

### Lunch Specials

Student Lunch \$3.25

#### Week 1

#### Fresh & Fit - Chicken Caesar Salad or Buffalo Chicken Wrap

Jan 07 MONDAY	Jan 08 TUESDAY	Jan 09 WEDNESDAY	Jan 10 THURSDAY	Jan 11 FRIDAY
<i>BYO Burger</i> Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries	<i>Taco Tuesday</i> Seasoned Taco Meat or Seasoned Chicken Refried Beans Fiesta Rice	<i>Popcorn Chicken Bowl</i> Popcorn chicken Mashed Potatoes w/ Gravy Golden Corn Biscuit	<i>Breakfast for Lunch</i> French Toast Sticks Scrambled Eggs Sausage Patty Tater Tots	<i>Saucy</i> Chicken Tenders w/ Choice of BBQ, Buffalo or Teriyaki Sauce Seasoned Fries Garlic Twist

#### Week 2

#### Fresh & Fit - Taco Salad or Turkey Bacon Ranch Wrap

Jan 14 MONDAY	Jan 15 TUESDAY	Jan 16 WEDNESDAY	Jan 17 THURSDAY	Jan 18 FRIDAY
<i>Asian Bowl</i> Teriyaki or Orange Chicken Steamed Rice or Noodles Steamed Mixed Vegetable	<i>Burrito Bowl</i> Chicken Fajita or Spicy Pork Carnitas Pinto Beans Cilantro Lime Rice	<i>Pasta Bar</i> Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Twist	<i>Homestyle Favorite</i> Oven Roasted Turkey Chicken or Seasoned Beef Mashed Potatoes w/ Gravy Green Beans Dinner Roll	<i>LTO - Soup Bar</i> Tortilla Soup Stock Diced Chicken Black Beans Golden Corn Cheese Quesadilla

#### Week 3

#### Fresh & Fit - Chinese Chicken Salad or Hummus Veggie Wrap

Jan 21 MONDAY	Jan 22 TUESDAY	Jan 23 WEDNESDAY	Jan 24 THURSDAY	Jan 25 FRIDAY
<i>Homestyle Favorite</i> Meatloaf AuGratin Potatoes Green Beans Dinner Roll	<i>Taco Tuesday</i> Carne Asada or Chicken Fajita Refried Beans Fiesta Rice	<i>Just Say Cheez</i> Pasta w/ Cheese Sauce Seasoned Chicken Assorted Toppings Broccoli Garlic Twist	<i>Backyard BBQ</i> BBQ Pulled Pork or BBQ Chicken Sandwich Baked Beans Golden Corn	<i>Flatbread</i> Pepperoni Caesar Salad

#### Week 4

#### Fresh & Fit - Chef Salad or Southwest Chicken Wrap

Jan 28 MONDAY	Jan 29 TUESDAY	Jan 30 WEDNESDAY	Jan 31 THURSDAY	Feb 01 FRIDAY
<i>Asian Bowl</i> Curried Chicken or Korean BBQ Beef Steamed or Lucky Fried Rice Broccoli	<i>Nacho Bar</i> Tortilla Chips Seasoned Taco Meat Refried Beans Nacho Cheese	<i>Chicken Parmesan</i> Chicken Parmesan Pasta w/ Marinara Seasoned Broccoli Garlic Twist	<i>Chili Bar</i> Chili Fries w/ Corn Bread or Chili Dog Seasoned Fries Assorted Toppings	<i>Chicken &amp; Waffles</i> Chicken Tenders w/ Waffles Southern Green Beans

### THE GRILL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Corn Dog-N- Fries	Swiss-Bacon Cheeseburger	Chicken Quesadilla w/ Salsa	Western Bacon Cheeseburger	Veggie Farm Burger

#### Vegetarian Option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bean & Cheese Burrito	Falafel Super Tots / Loco Bread	Cheese Quesadilla	Bean & Cheese Burrito	Veggie Farm Burger-V

#### Available Daily

Cheese & Pepperoni Pizza	Crispy Chicken Sandwich	Spicy Chicken Sandwich	Cheeseburger
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All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk

All Meals are served with choice of Fresh Fruit & Veggies

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