



Feeding Hungry Minds

High School Menu

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Popcorn Chicken Bowl Popcorn Chicken Mashed Potatoes with Gravy Golden Corn Biscuit	7 Chicken Noodle Soup Bar Soup Broth Herbed Chicken Pasta Roasted Vegetable Cheese Stick	8 Chili Bar Chili Tots & Corn Bread or Chili Dog Tater Tots Assorted Toppings	9 Enchilada Style Burrito Served With Fiesta Rice Mexicali Corn	10 Pick'n Chick'n Breaded or Grilled Chicken Patty w/ Assorted Toppings and Sauces Seasoned Fries
13 Chicken & Waffles Crispy Chicken Fritters with Waffles Southern Green Beans and Sauces Seasoned Fries	14 Asian Bowl Sweet & Sour Chicken or Beef & Broccoli Fried Rice or Noodles Steamed Vegetable	15 Pasta Bar Alfredo or Marinara Sauce Chicken or Seasoned Beef Seasoned Broccoli Garlic Breadstick	16 Street Tacos Carne Asada or Chicken Fajita Charro Beans Cilantro Lime Rice	17 Saucy Boneless Crispy Chicken tossed in choice of BBQ, Buffalo, or Teriyaki Sauce Seasoned Fries Garlic Breadstick
20 No School	21 BYO Burger Hamburger Patty w/ Assorted Toppings and Sauces Seasoned Fries Vegetarian burger available	22 	23 	24
27 Breakfast for Lunch French Toast Sticks Scrambled Eggs Sausage Patty Tater Tots	28 Asian Bowl Teriyaki or Orange Chicken Fried Rice or Noodles Steamed Vegetable	29 Backyard BBQ BBQ Pulled Pork or BBQ Chicken Cowboy Beans, Cole Slaw Golden Corn Hamburger Bun	30 Taco Bar Seasoned Taco Meat or Seasoned Chicken Cilantro Lime Rice Refried Beans Hard Taco Shells	31 Off The Hook Breaded Pollock Seasoned Fries Coleslaw Dinner Roll or Sandwich Style



Available Daily for Lunch
Cheese Pizza or Pepperoni Pizza



Do you see this icon?

This icon means we offer a **meatless protein option** with the meal. PlantFare is plant-based vegan protein. Try it today!



Rise & Shine

Available Daily for Breakfast

- Cinnamon Roll
- Pan Dulce
- Bagel & Cream Cheese
- Yogurt Parfait
- Bosco Stick
- Assorted Cereal w/ String Cheese

Daily Breakfast Specials

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|-----------|-------------------------------|
| Monday | Dutch Waffle w/ Sausage |
| Tuesday | Bacon, Egg & Cheese Croissant |
| Wednesday | Pancakes w/ Sausage |
| Thursday | Egg & Cheese English Muffin |
| Friday | Hand Rolled Breakfast Burrito |

What's for Lunch

Available Daily

THE GRILL



- Crispy Chicken Sandwich
- Spicy Chicken Sandwich
- Cheeseburger & Chicken Tenders w/ Garlic Breadstick

Available Daily Salads

FRESH Fit

- Week 1 & 3 : Chef Salad with Dinner Roll
- Week 2 & 4 : Cranberry Chicken Salad with Dinner Roll

Wraps

- Week 1 & 3: Chicken Caesar Wrap
- Week 2 & 4: Turkey Ranch Wrap

Available Daily

Vegetarian Options

- | | |
|-----------|--------------------------|
| Monday | Bean & Cheese Burrito |
| Tuesday | Cheese Stick w/ Marinara |
| Wednesday | B-4 The Burger |
| Thursday | Cheese Stick w/ Marinara |
| Friday | Bean & Cheese Burrito |

All Meals are served with choice of Fat Free Chocolate Milk or 1% Milk and choice of Fresh Fruit & Vegetables. USDA and this Institution are Equal Opportunity Providers and Employers.

Breakfast \$1.50
Lunch \$ 3.25