

January 2017

HIGHLAND OAKS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WINTER BREAK	3 WINTER BREAK	4 WINTER BREAK	5 WINTER BREAK	6 WINTER BREAK
9 CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	10 SPAGHETTI TACOS ORANGE CHICKEN & RICE TUNA SANDWICH	11 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*  GRAPEFRUIT TASTING	12 POPCORN CHICKEN CORN DOG GRILLED CHEESE SANDWICH* PB&J SANDWICH*	13 PEPPERBELLIES CHEESE BREAD* TURKEY & HAM SANDWICH
16 MLK HOLIDAY	17 PANCAKES & SAUSAGE ORANGE CHICKEN & RICE TUNA SANDWICH APPLE COOKIE	18 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	19 MINIMUM DAY SACK LUNCH	20 BONELESS CHICKEN WITH MASHED POTATOES AND GRAVY CHEESE BREAD* TURKEY & HAM SANDWICH
23 CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	24 BAKED PASTA ORANGE CHICKEN & RICE TUNA SANDWICH	25 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	26 POPCORN CHICKEN CORN DOG GRILLED CHEESE SANDWICH* PB&J SANDWICH*	27 CHICKEN BURGER CHEESE BREAD TURKEY & HAM SANDWICH
30 CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	31 MACARONI & CHEESE* ORANGE CHICKEN & RICE TUNA SANDWICH	<i>All meals are low sodium and all grains are whole grain!</i>	OFFERED DAILY: 1% Lowfat Milk Nonfat Chocolate Milk Fresh Fruit & Veggies Take at least 3 items 1 must be a fruit or veggie	

Harvest of the Month

Network for a Healthy California



Botanical name: Citrus x paradisi

GRAPEFRUIT

