



# January 2018

## HIGHLAND OAKS LUNCH MENU

| MONDAY |  | TUESDAY |   | WEDNESDAY |   | THURSDAY |   | FRIDAY |   |
|--------|--|---------|---|-----------|---|----------|---|--------|---|
| 1      | WINTER BREAK   |         | WINTER BREAK  | 3         | WINTER BREAK  | 4        | WINTER BREAK  | 5      | WINTER BREAK  |
| 8      | CHICKEN GIGGLES<br>CHEESEBURGER TWINS<br>PB&J SANDWICH*<br>YOGURT, STRING CHEESE, AND<br>CRACKERS* | 9       | MACARONI & CHEESE*<br>ORANGE CHICKEN & RICE<br>PASTRAMI SANDWICH                    | 10        | PIZZA SLICE*<br>BEAN & CHEESE BURRITO*<br>TURKEY SANDWICH<br>YOGURT, STRING CHEESE,<br>AND CRACKERS*                | 11       | POPCORN CHICKEN<br>CORN DOG<br>CHEESE QUESADILLA*<br>PB&J SANDWICH* | 12     | PEPPERBELLIES<br>CHEESE BREAD<br>TURKEY & HAM SANDWCH     |
| 15     | MLK HOLIDAY  | 16      | BAKED PASTA<br>ORANGE CHICKEN & RICE<br>PASTRAMI SANDWICH                           | 17        | PIZZA SLICE*<br>BEAN & CHEESE BURRITO*<br>TURKEY SANDWICH<br>YOGURT, STRING CHEESE,<br>AND CRACKERS*<br><br>BROWNIE | 18       | POPCORN CHICKEN<br>CORN DOG<br>CHEESE QUESADILLA*<br>PB&J SANDWICH* | 19     | CHICKEN BURGER<br>CHEESE BREAD<br>TURKEY & HAM SANDWCH    |
| 22     | CHICKEN GIGGLES<br>CHEESEBURGER TWINS<br>PB&J SANDWICH*<br>YOGURT, STRING CHEESE, AND<br>CRACKERS* | 23      | SPAGHETTI TACOS<br>ORANGE CHICKEN & RICE<br>CHEESE QUESADILLA*<br>PASTRAMI SANDWICH | 24        | PIZZA SLICE*<br>BEAN & CHEESE BURRITO*<br>TURKEY SANDWICH<br>YOGURT, STRING CHEESE,<br>AND CRACKERS*                | 25       | COLLABORATION DAY<br><br>SACK LUNCH                                 | 26     | BBQ CHICKEN, CORN<br>CHEESE BREAD<br>TURKEY & HAM SANDWCH |
| 29     | CHICKEN GIGGLES<br>CHEESEBURGER TWINS<br>PB&J SANDWICH*<br>YOGURT, STRING CHEESE,<br>AND CRACKERS* | 30      | MACARONI & CHEESE*<br>ORANGE CHICKEN & RICE<br>PASTRAMI SANDWICH                    | 31        | PIZZA SLICE*<br>BEAN & CHEESE BURRITO<br>TURKEY SANDWICH,<br>YOGURT, STRING CHEESE,<br>AND CRACKERS*                |          |   |        |   |

**Harvest  
of the  
Month**  
Network for a Healthy California



**OFFERED DAILY:**

1% LOWFAT MILK  
NONFAT CHOC. MILK  
FRESH FRUITS  
AND VEGETABLES

Choose at least 3  
components  
(meat, grain, milk, fruit  
or vegetable)

1 must be a fruit or  
vegetable

All meals are low sodium  
and all grains are whole  
grains!