

January 2018 High School Lunch

Meal Pattern

Choice of Entrée, Grain/Bread, Vegetable, Fruit, Milk

Milk Choices of 1%-14 or Fat Free Chocolate-20 are offered daily

Juice-14, Craisins/Raisins-29 are offered daily

Food Bytes

Whole School, Whole Community, Whole Child

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.

This institution is an equal opportunity provider. Menu subject to change.

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
HOLIDAY 	CLOSED TEACHER WORKDAY	Veggie Beef Soup-14 *Grilled Cheese-29 or *PB & J-53 *French Bread Pizza-29 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad w/Egg-12 & 2 *Breadsticks-26 Steamed Broccoli-5 Carrots-6 w/dip Straight Cut Fries-19 Local Fresh Apple-17 Fruit Cocktail-15	Mac & Cheese-25 w/ Little Smokies Teriyaki Dipper-6 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/*Roll-29 Chef Garden Salad-15 w/*Roll-29 Pinto Beans-18, Onions-1, Cabbage-5 & Tomatoes-3 Potato Wedges-18 Cornbread-25 Fresh Banana-27	*Fish Fillet Sandwich-42 BBQ Dinner-17 w/ 4 Hushpuppies-30 *Pepperoni Pizza-43 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Seasoned Green Beans-3 Creamy Cole Slaw-5 Fresh Banana-27 Sliced Pears-15
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Breakfast for Lunch Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 *Cheese Stuffed Sticks-30 w/ Marinara *Popcorn Chicken-9 Garden Salad w/ Cheese-18 & *2Breadstick-26 Tomatoes-8, Tater Tots-14 Fresh Pear-23, Applesauce-14	*Chicken Fajita -30 *Cheese Quesadilla-30 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/ *Roll-29 Onions-1, Peppers-1, Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3 & Cheese-1 Black Beans-20, Corn-16 Straight Cut Fries-19 Local Fresh Apple-17 Craisins-28	*Ham & Cheese Sandwich-33 *Cheeseburger-30 *Pepperoni Pizza-34 Garden Salad w/ Egg -27 & 2 *Breadsticks-36 Carrots-6 w/ dip Potato Wedges- 18 Fresh Banana-27 Sliced Peaches-14	Chicken Alfredo-34 Teriyaki Dipper -6 w/ *Roll-29 *Stuffed Crust Pizza-34 Chicken Garden Salad-15 w/ *Roll-29 Seasoned Green Beans-3 Garden Side Salad-5 Crinkle Cut Fries-14 Local Fresh Apple-17 Pineapple Tidbits-19	*Cheese Stuffed Sticks-30 w/ Marinara 6 Chicken Rings -17 w/ *Breadstick-18 *Chicken Fillet Sandwich-42 Steamed Broccoli-5 Straight Cut Fries-19 Orange Slices-16 Fruit Cocktail-15
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
HOLIDAY 	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3, Cheese-1 Straight Cut Fries-19 Fresh Nectarine-15	*Sloppy Joe Sandwich-37 *Corn Dog-30 Stuffed Crust Pizza-34 6 *Chicken Rings-17 w/*Breadstick-17 Garden Salad w/Cheese-18 & 2 *Breadsticks-36 Peas-11 Baked Sweet Potato-12 w/topping-11 Potato Wedges-18	Spaghetti-29 *Cheese Pizza-34 *Cheeseburger-30 6 Chicken Nuggets-16 w/*Roll-29 Chicken Garden Salad-27 w/ *Roll-29 Caesar side Salad-8 Mixed Veggies-4 Tater Tots-14 Fresh Local Apple-17	*Chicken Fillet Sandwich-42 *Stuffed Crust Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Crinkle Cut Fries-14 Glazed Carrots-19 Local Fresh Apple-17 Sliced Peaches-14
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
*BBQ Sandwich-43 *Popcorn Chicken-9 w/*Breadstick-18 *Cheese Stuffed Sticks-30 w/ Marinara Creamy Cole Slaw-5 Baked Beans-27 Tater Tots-14 Fresh Banana-27 Fruit Cocktail-15	CLOSED TEACHER WORKDAY	*Turkey & Cheese Sub-35 *Chicken Fillet Sandwich-42 French Bread Pizza-29 6 *Chicken Rings-17 w/ *Breadstick-17 Garden Salad with Egg-18 & 2 *Breadsticks-36 Mixed Veggies-4 Straight Cut Fries-19 Tomato-3 & Lettuce-3 Fresh Nectarine-15 Pineapple Tidbits-19	Baked Ziti-40 w/2 *Breadsticks-36 6 Chicken Nuggets-16 w/ *2 Breadsticks-36 Chef Garden Salad -15 w/ 2 breadsticks-36 Caesar side Salad-8 Fresh Cucumber Slices-4 Potato Wedges-18 Fresh Banana-27 Sliced Peaches-14	*Pepperoni Pizza-34 *Corn Dog-30 *Cheeseburger-30 6 Chicken Nuggets-16 w/ *Roll-29 Sweet Potato Crinkle Fries-19 Broccoli Cheese Soup- 23 Straight Cut Fries-19 Fresh Apple-16 Fruit Cocktail- 15
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
Salisbury Steak- 6 6 Chicken Rings-17 w/ *Breadstick -17 *Stuffed Crust Pizza-34 Egg Salad Wrap w/ lettuce & carrots - 27 Mashed Potatoes-14 Gravy- 4 Seasoned Green Beans-3 Crinkle Cut Fries-14 Local Fresh Apple-17 Sliced Pears-15	*Taco Salad-35 *Cheese Quesadilla-30 *Pepperoni Pizza-34 6 Chicken Nuggets-16 w/ *Roll-29 Chicken Caesar Salad-21 w/*Roll-29 Fiesta Beans-20, Corn-16 Salsa-3, Sour Cream-2, Lettuce-3, Tomato-3, Cheese-1 Straight Cut Fries-19 Fresh Nectarine-15 Pineapple Tidbits-19	_Breakfast for Lunch_ Eggs, Sausage-1 or Chicken-7 Biscuit-28, Gravy-10 or *French Toast Sticks-38 *Cheese Stuffed Sticks-30 w/ Marinara *Popcorn Chicken-9 Garden Salad w/ Cheese-18 & *2Breadstick-26 Tomatoes-8, Tater Tots-14		

*Notes items that are whole grain or contain whole grain. Numbers listed to the right of each item are total carbohydrates in grams.