

January Intermediate Lunch Menu

LUNCH PRICE (includes milk): Full price=\$3.00; Reduced price=\$0.40

A la carte drink (without lunch purchase) .50¢

Monday

Tuesday

Wednesday

Thursday

Friday



7
* Popcorn Chicken Bowl
* Corn Dog
* WOWButter & Grape Jelly Sandwich (Nut-Free!)
* Chicken Caesar Salad
* Deep Dish Cheese Pizza

Green Beans, Side Salad, Fruit

8
* Creamy Chicken & Vegetable Soup w/ Hawaiian Roll!
* Teriyaki Beef Bowl
* Chicken Egg Roll w/ Noodles!
* Ham and Cheese Sub
** Pepperoni Pizza Slice
Dessert: Chocolate Chip Cookie
Baby Carrots, Side Salad, Fruit

9
* **NEW!** Beef Chili with **NEW!** Corn Muffin!
* Fruit and Yogurt Parfait Cup with Cinnamon Granola!
* Spicy Chicken Patty Sandwich
* Chef Salad
* Cheese Bites w/ Marinara
Spinach Side Salad, Fruit

10
* Cheese Ravioli with Garlic Knot!
* Orange Chicken Bowl
* Chicken & Cheese Quesadilla
* Spicy Ranch Chicken Wrap
** Pepperoni Pizza Slice

Pinto Beans, Side Salad, Fruit

11
* **NEW!** Chili Cheese Dog with French Fries!
* Mesquite BBQ Drumsticks with Corn Star!
* Cheeseburger w/ French Fries!
* Taco Salad w/ Chips
* Deep Dish Cheese Pizza

Corn, Side Salad, Fruit

14
* Hamburger Gravy over Mashed Potatoes w/ Corn Star!
* Fruit and Yogurt Parfait Cup with Strawberry Chex!
* Spicy Chicken Patty Sandwich
* Chicken Caesar Salad
* Deep Dish Cheese Pizza

Corn, Side Salad, Fruit

15
* Stuffed Mozzarella Sticks
* Cheeseburger
* Taco Nada with Spanish Rice!
* Turkey and Cheese Sub
** Pepperoni Pizza Slice
Dessert: Chocolate Brownie!
Sweet Beans, Side Salad, Fruit

16
** Breakfast For Lunch (Eggs with bacon and cheese, pancakes, and a hash brown!)
* Cheese Bites w/ Marinara
* Asian Chicken Salad
* Bean & Cheese Burrito
* Chicken Patty Sandwich

Green Beans, Side Salad, Fruit

17
* Macaroni and Cheese with Texas Toast!
* Teriyaki Chicken Bowl
* All-Beef Hot Dog with BBQ Baked Chips!
* Spicy Ranch Chicken Wrap
** Pepperoni Pizza Slice

Broccoli, Side Salad, Fruit

18
* Chili Cheese Nachos
* Chicken Strips with Tater Tots!
* WOWButter & Grape Jelly Sandwich (Nut-Free!)
* Taco Salad w/ Chips
* Deep Dish Cheese Pizza

Baby Carrots, Side Salad, Fruit

Martin Luther King Day

22
* Chicken Pasta Alfredo with Hawaiian Roll!
* Beef Soft Tacos
* Chicken Egg Roll with Crispy Chow Mein Noodles!
* Ham and Cheese Sub
** Pepperoni Pizza Slice

Pinto Beans, Side Salad, Fruit

23
* Chicken Tortilla Soup
* Orange Chicken Bowl
* Cheeseburger
* Cheese Bites w/ Marinara
* Popcorn Chicken Caesar Salad

Spinach Side Salad, Fruit

24
* Mesquite BBQ Drumsticks with Corn Star!
* Beef Nachos
* Grilled Chicken Sandwich (with Cheese, Lettuce, Tomato!)
** Pepperoni Pizza Slice
* Spicy Ranch Chicken Wrap

Baby Carrots, Side Salad, Fruit

25
* Spaghetti w/ Meatballs with Garlic Knot!
* All-Beef Pretzel Dog
* Baja Fish Sticks with French Fries!
* Taco Salad w/ Chips
* Deep Dish Cheese Pizza

Edamame, Side Salad, Fruit

BUILD A HEALTHY MEAL AND DIG IN!

29
* Popcorn Chicken with Onion Rings!
* Spicy Chicken Bowl
* Bean & Cheese Chimi Nada
* Turkey and Cheese Sub
** Pepperoni Pizza Slice

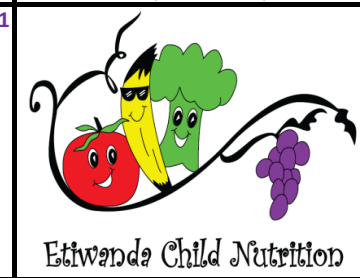
Broccoli, Side Salad, Fruit

30
* Chicken & Gravy over Mashed Potatoes!
* Green Chicken Tamale
* Cheese Bites w/ Marinara
* Cheeseburger
* Asian Chicken Salad

Corn, Side Salad, Fruit

31
* Chicken Patty Sandwich
* Stuffed Mozzarella Sticks
* Macaroni and Cheese with Texas Toast!
** Pepperoni Pizza Slice
* Spicy Ranch Chicken Wrap

Sweet Beans, Side Salad, Fruit



USDA Lunch requires students to take 3 of 5 food items, one being a fruit or vegetable. Lunch: \$3.00, includes your choice of milk.

Visit us on the web at:

ESDchildnutrition.com

How to pay: Students may bring cash or check. Students may also fund their account via cash or check at anytime. Or, visit www.ezschoolpay.com to use our on-line service: View your students balance and/or make payments. Student's ID# is available from the kitchen manager or school office.

Menu subject to change without notice

Fresh Fruit Offered Daily!

** Contains or may contain pork

This institution is an equal opportunity provider.

Etiwanda Child Nutrition