



HS / MS lunch

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

Blank

NO SCHOOL 1

NO SCHOOL 2

Roadhouse Burger
French Fries
Celery Sticks
Baked apples **3**

Macaroni & Cheese
With Buffalo Chicken
Vegetable Malibu Roll **4**

Italian Meatball
Sub
Vegetable Malibu **7**

Take out Tuesday 8
Sweet & Sour
Chicken
Rice
Asian Vegetables

Baked Chicken
Drumstick
Baked Beans
Roll
Cookie **9**

Bacon
Cheeseburger
Sweet Potato FF
Baby carrots
Baked Apples **10**

Loaded Chili Bowl
with cheese &
Fritos
Celery Sticks
Assorted slushies **11**

Breaded Chicken
sandwich
Sweet Potato FF
Baby carrots w/dip **14**

Home-style
Chicken
Mashed potato bowl
Gravy & corn
Roll **15**

Italian Pepperoni
Calzone
Steamed Broccoli **16**

Boars Head
Turkey Club
French Fries
Celery Sticks
Baked Apples **17**

NO SCHOOL 18

NO SCHOOL 21

Walking Taco
Black Beans
Cookie
Let, tom & cheese
Sour cream **22**

BBQ Chicken
Sandwich
Coleslaw
Baby Carrots **23**

Roadhouse Burger
French Fries
Celery Sticks
Baked apple **24**

Macaroni & Cheese
With Buffalo Chicken
Vegetable Malibu Roll **25**

Italian Meatball
Sub
Vegetable Malibu **28**

Take out Tuesday 29
Sweet & Sour
Chicken
Rice
Asian Vegetables

Baked Chicken
Drumstick
Baked Beans
Roll
Cookie **30**

Bacon
Cheeseburger
Sweet Potato FF
Baby carrots
Baked Apples **31**

Blank

Announcements

Daily Lunch Options:

- Yogurt Parfait meal
- Hummus & Veggie Platter
- PB & J
- Salad Bar
- Grilled Cheese
- Tomato Soup

Meal Prices

Students: \$3.15
Adults: \$4.10