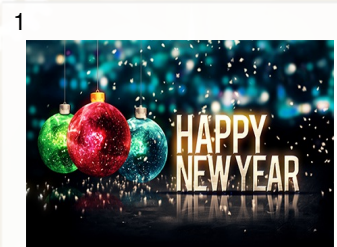


# January 2018 High School Lunch Menu

Monday Tuesday Wednesday Thursday Friday



## Winter Break



**For Lunch Student Must Choose 3 Food Components:**  
 1 Entree = 2 Food Components (Grains & Meat/Meat Alternate)  
 1 Fruit = 1 Food Component  
 1 Vegetable = 1 Food Component  
 1 Milk = 1 Food Component  
 \*Make sure 1 item = 1/2 cup Fruit and/or vegetable!



9 Chicken Sandwich (43)  
 Chicken & Cheese Burrito(33)  
 Hummus Meal Deal(73)  
 Whole Fresh Fruit Assort  
 Fiesta Beans(36)  
 Vegetable Medley(16)  
 Sliced Olives (1)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

10 Cheeseburger (32)  
 Chicken Pesto Pasta w/Roll(66)  
 Peanut Butter & Strawberry Jelly Uncrustable(64)  
 Whole Fresh Fruit Assort  
 Assorted Fresh Vegetables  
 Side Salad (8)  
 Sliced Olives (1)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

11 Teriyaki Chicken Stir Fry(57)  
 Cheesy Bread Sticks(30)  
 Garden Chicken Salad(42)  
 Whole Fresh Fruit Assort  
 Vegetable Medley(16)  
 Baby Carrots(6)  
 Sliced Olives (1)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

12 Pepperoni Pizza(34)  
 Peanutbutter & Jelly Bar Meal(71)  
 Whole Fresh Fruit Assort  
 Sliced Olives (1)  
 Side Salad (8)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)  
**Minimum Day**



16 Super Nachos w/ Chili(66)  
 Chicken Sandwich (43)  
 Turkey Chipotle Crunch Wrap(45)  
 Whole Fresh Fruit Assort  
 Fiesta Beans(36)  
 Sliced Olives (1)  
 Vegetable Medley(16)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

17 BBQ Bacon Cheeseburger(4...  
 Cheese Pizza(34)  
 Chicken Tuscan Wrap(35)  
 Whole Fresh Fruit Assort  
 Sliced Olives (1)  
 Fancy Corn Salad(24)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

18 Famous Chicken Mash Potato Bowl(67)  
 Chicken Corn Dog w Curly Fries(43)  
 Garden Vegetable Salad(48)  
 Whole Fresh Fruit Assort  
 Vegetable Medley(16)  
 Sliced Olives (1)  
 Baby Carrots(6)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

19 Pepperoni Calzone(29)  
 Spicy Chicken Wrap(52)  
 Peanutbutter & Jelly Bar Meal(71)  
 Whole Fresh Fruit Assort  
 Sliced Olives (1)  
 Baby Carrots(6)  
 Side Salad (8)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

22 Orange Chicken Rice Bowl(67)  
 Crowd Pleasing Pizza Cruncher Meal(60)  
 Peanutbutter & Jelly Bar Meal(71)  
 Whole Fresh Fruit Assort  
 Sliced Olives (1)  
 Side Salad (8)  
 Baby Carrots(6)  
 1% White Milk (16)

23 Chicken Burrito Bowl(82)  
 Chicken Sandwich (43)  
 Yogurt Parfait(87)  
 Whole Fresh Fruit Assort  
 Fiesta Beans(36)  
 Sliced Olives (1)  
 Vegetable Medley(16)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

24 Baked Chicken Chimichanga(37)  
 Cheeseburger (32)  
 Peanut Butter & Strawberry Jelly Uncrustable(64)  
 Whole Fresh Fruit Assort  
 Side Salad (8)  
 Sliced Olives (1)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

25 Home Style Turkey & Gravy w/Potatoes & Roll(55)  
 Ham & Cheese Deli Sandwich w/Chip(42)  
 Hummus Meal Deal(73)  
 Whole Fresh Fruit Assort  
 Vegetable Medley(16)  
 Sliced Olives (1)  
 Baby Carrots(6)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

26 Grilled Chicken Mini Sliders(36)  
 Cheese Pizza(34)  
 Spicy Chicken Wrap(52)  
 Whole Fresh Fruit Assort  
 Baby Carrots(6)  
 Sliced Olives (1)  
 Side Salad (8)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

29 Nonfat Chocolate Milk (22)  
 Roasted Chicken w/ Garlic Mashed Potatoes & Roll(48)  
 Three Cheese Garlic Bread (30)  
 Garden Chicken Salad(42)  
 Whole Fresh Fruit Assort  
 Side Salad (8)  
 Sliced Olives (1)  
 Baby Carrots(6)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

30 Chicken Taco Truck Style(29)  
 Spicy Chicken Sandwich(44)  
 Hummus Meal Deal(73)  
 Whole Fresh Fruit Assort  
 Fiesta Beans(36)  
 Sliced Olives (1)  
 Vegetable Medley(16)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

31 Beef Mini Cheeseburger(34)  
 Cheese Pizza(34)  
 BLT & Avocado Wrap(40)  
 Whole Fresh Fruit Assort  
 Sliced Olives (1)  
 Baby Carrots(6)  
 1% White Milk (16)  
 Nonfat Chocolate Milk (22)

**Carbohydrates for Fresh Fruits**  
 Apple (12), Sliced Apples (8)  
 Petite Banana (12), Pear (16)  
 Tangerines (13), Nectarine (8), Plum (10)

High School Lunch Meal Price \$2.75



This institution is an equal opportunity provider & employer.

Menu Items Subject to Substitution by Items of Equal Nutritional Value