

# January 2018

## High School

### LUNCH



**School Information:** This institution is an equal opportunity provider.  
**Menu subject to change.**  
**Daily: \$2.80**  
**Milk: 1% White, Skim White, Skim Chocolate**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

Boneless Wings, Breakfast **1**  
 Bar, Rice Bowl, Burger Bar,  
 Boneless Wings

Chicken Quesadilla **2**  
 Salsa Cup  
 Refried Beans  
 Mandarin Oranges

Pulled Pork Sandwich **3**  
 Fritos  
 Steamed Broccoli  
 Mixed Fruit

Hamburger / Bun **4**  
 Baked French Fries  
 Ketchup  
 Buttered Corn  
 Applesauce

Spaghetti / Meatballs **5**  
 Green Beans  
 Bread Sticks  
 Pears

Lasagna Roll Up **8**  
 Steamed Broccoli  
 Bread Stick  
 Mandarin Oranges

Chicken Enchilada **9**  
 Refried Beans  
 Rice  
 Mixed Fruit

Chicken Patty / Bun **10**  
 Tator Tots  
 Green Beans  
 Applesauce

Gilardi Sticks **11**  
 Marinara Sauce  
 Garden Peas  
 Pears

Early Dismissal **12**  
 Served Daily: Salad Bar

Cheese Raviolis **15**  
 Steamed Broccoli  
 Mixed Fruit

Chicken Pot Pie **16**  
 Smiles  
 Ice Cream Cup  
 Applesauce

Nacho Grande **17**  
 Refried Beans  
 Rice  
 Peaches

Cheeseburger Mac&Cheese **18**  
 Garden Peas  
 Pears

Corn Dog on a Stick **19**  
 Waffle Fries  
 Buttered Corn  
 Mandarin Oranges

French Dip **22**  
 Fritos  
 Crinkle Cut Carrots  
 Apple Sauce

Personal Pan Pizza **23**  
 Garden Peas  
 Pears

French Toast Sticks **24**  
 Omelet  
 Tri Tators  
 Peaches

Tacos **25**  
 Refried Beans  
 Rice  
 Mandarin Oranges

Grilled Cheese **26**  
 Tomato Soup  
 Steamed Broccoli  
 Mixed Fruit

Walking Tacos **29**  
 Salsa Cup  
 Refried Beans  
 Rice  
 Pears

Pizza – Wild Mike's **30**  
 Steamed Broccoli  
 Peaches

Popcorn Chicken **31**  
 Ketchup and BBQ Sauce  
 Mashed Potatoes  
 Buttered Corn  
 Mandarin Oranges

