

January 2019 Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 31 <i>NO SCHOOL</i> <i>(Christmas Vacation)</i> | 1 <i>NO SCHOOL</i> <i>(Christmas Vacation)</i> | 2 <i>NO SCHOOL</i> <i>(Christmas Vacation)</i> | 3 Chicken & Waffles w/ Gravy Seasoned Peas & Carrots Diced Peaches Milk | 4 Terrific Tacos w/ lettuce, tomato, salsa Refried Beans Fresh Grapes Sherbet Milk |
| 7 Popcorn Chicken <u>or</u> Sesame Chicken Seasoned Rice Stir-fried Veggies Mandarin Oranges Milk | 8 Sunrise Sandwich Granola Bar Pepper Slices Grape/Apple Juice Banana Milk | 9 Sloppy Joe Curly Fries Orange Muffin Apple Slices Milk | 10 Spaghetti & Meatballs Breadstick Tossed Salad Hummus Applesauce Milk | 11 Grilled Chicken Salad w/ Dinner Roll <u>or</u> Grilled Chicken Sandwich French Fries Diced Pears Milk |
| 14 Tomato Soup Grilled Cheese Sandwich Cucumber Slices Fresh Grapes Milk | 15 Turkey Mashed Potatoes Dinner Roll Cheesy Green Beans Frozen Strawberry Cup Oreo Pudding Milk | 16 Chicken Quesadillas Savory Rice Salsa w/ Corn Chips Fresh Veggies Banana Milk | 17 Big Valley Burger w/ lettuce, tomato, pickles French Fries Diced Peaches Milk | 18 Chicken Parmesan Garlic Bread Roasted Chickpeas Pepper Slices Applesauce Milk |
| 21 Golden Chicken Nuggets Macaroni & Cheese Honeyed Carrot Coins Fresh Pineapple Milk | 22 French Toast w/ Syrup Sausage Patty Hash brown Orange Juice Yogurt Cup Milk | 23 Chicken Tetrizzini Dinner Roll Steamed Broccoli Applesauce Milk | 24 Walking Tacos w/ lettuce, tomato, salsa Refried Beans Banana Ice Cream Cup Milk | 25 Chicken Flatbread Sandwich Wedge Fries Cherry Tomatoes Orange Slices Milk |
| 28 Chili <u>or</u> Cheeseburger Soup Soft Pretzel Fresh Celery Apple Slices Milk | 29 Chicken Philly Sub Sweet Potato Fries Mandarin Oranges Ice Cream Sandwich Milk | 30 Meatball Stroganoff Dinner Roll Seasoned Peas Applesauce Milk | 31 Pizza Sweet Spinach Salad Fruit Salad Rice Crispy Treat Milk | 1 Pulled Pork Sauerkraut Mashed Potatoes Green Beans Frozen Peach Cup Oreo Pudding Milk |

In accordance with the USDA guidelines, students must choose at least 3 of the 5 meal components, one of which must be a fruit or vegetable side.

Each day, students may choose to order a Chef Salad as a substitute for the main entrée listed on our lunch menu.

Milk Choices:
(with every meal)
1% White
1% Chocolate

Lunch Prices:
Elem \$2.60
MS/HS \$2.75
Reduced \$0.40
Extra Milk \$0.50

Prepay for 25 lunches; get 1 lunch Free*

K-5 = \$65.00
6-12 = \$68.75

*Any balance due on your account must be paid in full.

Menu subject to change