



# January 2020 Lunch Menu ***THUNDER** Café*

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| <b>6</b><br>Tomato Soup<br>Grilled Cheese Sandwich<br>Cucumber Slices<br>Diced Pears<br>Milk                | <b>7</b><br>Chicken Quesadilla<br>Savory Rice<br>Salsa w/ Corn Chips<br>Frozen Fruit Cup<br>Milk     | <b>8</b><br>Big valley Burger<br>French Fries<br>Apple Slices<br>Creamy Pudding Cup<br>Milk   | <b>9</b><br>Chicken Tetrizzini<br>Dinner Roll<br>Steamed Broccoli<br>Applesauce<br>Milk      | <b>10</b><br>Terrific Tacos<br>Refried Beans<br>Banana<br>Ice Cream Cup<br>Milk                                       |
| <b>13</b><br>Baked Potato<br>Cowboy Beans<br>Cheesy Broccoli<br>Mandarin Oranges<br>Pumpkin Squares<br>Milk | <b>14</b><br>Chipotle Bar<br>Rice & Beans<br>Banana<br>Jello Cake<br>Milk                            | <b>15</b><br>Meatball Stroganoff<br>Dinner Roll<br>Green Beans<br>Fruit Smoothie<br>Milk  | <b>16</b><br>Chicken & Waffles<br>w/ Gravy<br>Seasoned Peas<br>Applesauce<br>Milk            | <b>17</b><br>Super Nachos<br>Seasoned Corn<br>Cherry Tomatoes<br>Fruit Salad<br>Milk                                  |
| <b>20</b><br><br><b>(No School)</b><br><br><b>Martin Luther<br/>King Jr. Day</b>                            | <b>21</b><br>Chicken Parmesan<br>Garlic Bread<br>Roasted Chickpeas<br>Applesauce<br>Milk             | <b>22</b><br>Popcorn Chicken <u>or</u><br>Asian Chicken<br>Savory Rice<br>Roasted Broccoli &<br>Cauliflower<br>Mandarin Oranges<br>Milk | <b>23</b><br>Sunrise Sandwich<br>Pop tart<br>Orange Juice<br>Fresh Veggies<br>Milk           | <b>24</b><br>Pulled Pork on a<br>Bavarian Pretzel Roll<br>Creamy Crunchy Corn<br>Crisp Celery<br>Fresh Grapes<br>Milk |
| <b>27</b><br>Chili <u>or</u> Cheeseburger<br>Soup<br>Soft Pretzel<br>Crispy Celery<br>Fruit Salad<br>Milk   | <b>28</b><br>Hot Dog<br>Baked Beans<br>Tater Tots<br>Mandarin Oranges<br>Chocolate Chip Bars<br>Milk | <b>29</b><br>Stromboli Squares<br>Tossed Salad<br>Pepper Slices<br>Diced Peaches<br>Milk  | <b>30</b><br>Meatball Sub<br>Mozzarella Cheese Stixs<br>Baby Carrots<br>Fresh Grapes<br>Milk | <b>31</b><br>BMS Chef Salad<br>Dinner Roll<br>French Fries<br>Apple Slices<br>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 \$2.65**  
**MS/HS \$2.85**  
**Reduced \$0.40**  
**Extra Milk \$0.50**



*Menu subject to change*