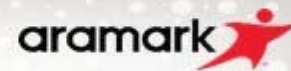


# High School Lunch



January 2019

HOME ZONE	
Everyday we offer a featured entrée and accompanying sides at our HOME ZONE station.	

EVERYDAY OFFERINGS AT THE GRILL	
	Hamburger, Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, or Grilled Chicken on a Whole Grain Bun Chicken Tenders or 100% White Meat Boneless Wings with a Pretzel Rod Tater Tots or Sweet Potato Fries

Monday	Tuesday	Wednesday	Thursday	Friday
	1  <b>No School</b> <b>Happy New Year!</b>	2  <b>Roast Pork &amp; Gravy</b> <b>with WG Roll</b> <b>Taco Cheeseburger</b> Mashed Potatoes, Fresh Zucchini, Fresh Banana, Orange Juice	3  <b>Chicken Pot Pie</b> <b>Chicken Patty Bacon Melt</b> Green Beans, Celery Sticks, Fresh Grapes, Fruit Juice	4  <b>Chicken Soft Shell Tacos w/ Mexican Rice</b> <b>Chicken Bruschetta Melt</b> Steamed Broccoli, Three Bean Salad, Mandarin Oranges, Apple Juice
7 <b>Chicken Drumstick &amp; Whole Grain Dinner Roll</b> <b>BBQ Pork Sandwich</b> Mashed Potatoes, Cherry Tomatoes, Fresh Apple, Fruit Juice	8 <b>Vegetarian Chili Mac</b> <b>Chicken Pizza Burger</b> Steamed Carrots, Jicama Sticks, Fresh Orange, Apple Juice	9 <b>Late Start</b> <b>Country Chicken Nugget Bowl &amp; Whole Grain Roll</b> <b>Bacon Cheeseburger</b> Steamed Cauliflower, Celery Sticks, Fresh Banana, Orange Juice	10 <b>Pancakes with Cinnamon Apples and Sausage Patties</b> <b>Jerk Chicken Flatbread</b> Kickin Pinto Beans, Baby Carrots, Cinnamon Apples, Fruit Juice	11 <b>Chicken Rice Soup w/ a Dinner Roll</b> <b>Chipotle Ranch Burger</b> Steamed Broccoli, Sliced Cucumbers, Diced Pears, Apple Juice
14 <b>Salisbury Steak and Gravy with Egg Noodles</b> <b>Chicken Patty Salsa Melt</b> Sweet Golden Corn, Fresh Broccoli, Fresh Apple, Fruit Juice	15 <b>Sweet &amp; Sour Popcorn Chicken with Fried Rice</b> <b>Breaded Fish Melt</b> Steamed Green Beans, Red Pepper Strips, Orange, Apple Juice	16 <b>Grilled Cheese &amp; Tomato Soup</b> <b>Chicken Teriyaki Sandwich</b> Steamed Carrots, Garden Salad, Fresh Banana, Orange Juice	17 <b>BBQ Chicken, Black Bean, Jalapeno Rolletto</b> <b>Pesto Cheeseburger</b> Baked Beans, Celery Sticks, Pineapple Tidbits, Fruit Juice	18 <b>Chef's Choice</b> <b>Pimento Chicken Melt</b> Collard Greens, Jicama, Fresh Pears, Apple Juice
21  <b>No School!</b>	22 <b>Chicken Parmesan Pasta</b> <b>BBQ Cheeseburger</b> Green Beans, Red Pepper Strips, Fresh Orange, Apple Juice	23 <b>Late Start</b> <b>Chef's Choice</b> <b>Chicken &amp; Waffles</b> Steamed Carrots, Fresh Zucchini, Fresh Banana, Orange Juice	24 <b>French Toast Sticks &amp; Cheese Omelet</b> <b>Mini Corn Dogs</b> Steamed Broccoli, Celery Sticks, Frozen Blueberries, Fruit Juice	25 <b>Vegetable Egg Roll &amp; Fried Rice</b> <b>Pizza Burger</b> Baked Beans, Baby Carrots, Diced Strawberries, Apple Juice
28 <b>Mac &amp; Cheese w/ Ham</b> <b>Chili Cheese Dog</b> Steamed Peas, Cherry Tomatoes, Fresh Apple, Fruit Juice	29 <b>Spicy Popcorn Chicken Bowl w/ Dinner Roll</b> <b>Grilled Ham and Cheese Sandwich</b> Steamed Squash, Cucumber Slices, Fresh Orange, Apple Juice	30 <b>Cheesy Ravioli w/ Marinara WG Breadstick</b> <b>Jalapeno, Onion Burger</b> Sweet Potato Fries, Celery Sticks, Fresh Banana, Orange Juice	31 <b>Pizza Sticks w/ Marinara</b> <b>Cajun Slaw Burger</b> Campfire Pinto Beans, Baby Carrots, Applesauce, Fruit Juice	

**Meal Prices:**  
 Breakfast: \$1.25 Full Pay, \$0.30 Reduced, \$0.00 Free, \$2.00 Adult  
 Lunch: \$2.95 Full Pay, \$0.40 Reduced, \$0.00 Free, \$3.75 Adult  
**Milk:** 1% White, Skim White, and Skim Chocolate are offered daily at lunch!

# High School Lunch

January 2019

## EVERYDAY OFFERINGS – MAKE YOUR OWN!

### PICK A BREAD

Sub Roll, Cheddar Roll, Whole Grain Wrap, Whole Grain Flatbread

### GET SOME PROTEIN

Ham, Turkey, Chicken Salad, Tuna Salad, Hummus

### CHEESE

American, Cheddar, Provolone

### CUSTOMIZE

Lettuce, Tomato, Onion, Cucumber Slices, Green Pepper Strips, Black Olives, Pickles, Banana Peppers, Jalapenos

### ADD A SPREAD

Mayo, Yellow Mustard, Honey Mustard, Ranch Dressing, Sriracha Mayo



## EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza on Whole Grain Crust

Made-To-Order Pasta:  
Pasta, Meatballs, Diced Chicken, Spaghetti Sauce, Alfredo Sauce

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>No School</b> <b>Happy New Year!</b>	2 Vegetable Pizza	3 Chicken Club Flatbread	4 Spicy Sausage Pizza
7 Chicken & Pepper Stromboli	8 White Cheese Herb Pizza	9 Mac & Cheese Pizza	10 Broccoli Pepper Pizza	11 BBQ Chicken Calzone
14 Meat Lover's Pizza	15 Mexican Pizza	16 BBQ Chicken Pizza	17 White Pizza	18 Bruschetta Chix Flatbread
21 <b>No School!</b>	22 Hawaiian Pizza	23 Cheeseburger Pizza	24 Chicken Siracha Pizza	25 Mexican Pizza
28 Bruschetta Chicken	29 Vegetable Pesto Pizza	30 Meat Lovers Pizza	31 Buffalo Chicken Pizza	



## EVERYDAY OFFERINGS – MAKE YOUR OWN!

### STARTERS

Nachos, Tacos, Burrito, Bowl (Rice)

### GET SOME PROTEIN (Pick 2)

Seasoned Chicken, Beef, Melted Cheese Sauce, Shredded Cheese

### CUSTOMIZE

Rice, Beans, Lettuce, Tomato, Onion, Black Olives, Sliced Jalapeno, Sour Cream

### TOP IT OFF

Classic Salsa, Salsa Verde, Pico de Gallo