

# High School Lunch

January 2018



HOME ZONE	
<p>Everyday we offer a featured entrée and accompanying sides at our HOME ZONE station.</p>	

EVERYDAY OFFERINGS AT THE GRILL	
	<p>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 Potato Choices</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Happy New Year!</b></p>	<p><b>2</b></p> <p><b>Chicken &amp; Waffles</b> <b>Crispy Srirachan Burger</b> Green Beans, Red Pepper Strips, Fresh Orange Wedges, Apple Juice</p>	<p><b>3</b></p> <p><b>Orange Popcorn Chicken &amp; Broccoli with Egg Fried Rice</b> <b>BBQ Cheeseburger</b> Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice</p>	<p><b>4</b></p> <p><b>Spaghetti Carbonara with Chicken &amp; Bacon</b> <b>Pizza Burger</b> Baked Beans, Celery Sticks, Fresh Pear, Orange Juice</p>	<p><b>5</b></p> <p><b>Cajun Chili &amp; Whole Grain Roll</b> <b>BBQ Riblet Sandwich</b> Steamed Broccoli, Garden Salad, Diced Pears, Fruit Juice</p>
<p><b>8</b></p> <p><b>Salisbury Steak and Gravy with Egg Noodles</b> <b>Cajun Cheeseburger</b> Mixed Veggies, Cherry Tomatoes, Fresh Apple, Fruit Juice</p>	<p><b>9</b></p> <p><b>Country Chicken Nugget Bowl &amp; Whole Grain Roll</b> <b>Crispy Srirachan Burger</b> Steamed Carrots, Jicama Sticks, Fresh Orange, Apple Juice</p>	<p><b>10</b></p> <p><b>Late Start</b> <b>Beef Chili Mac &amp; Whole Grain Breadstick</b> <b>Grilled Ham &amp; Cheese</b> Kickin' Pintos, Celery Sticks, Fresh Banana, Grape Juice</p>	<p><b>11</b></p> <p><b>Roast Turkey &amp; Gravy with Traditional Stuffing</b> <b>Chicken Bruschetta Melt</b> Mashed Potatoes with Gravy, Baby Carrots, Cantaloupe, Orange Juice</p>	<p><b>12</b></p> <p><b>French Toast Sticks &amp; Cheese Omelet</b> <b>Pesto Cheeseburger</b> Steamed Broccoli, Garden Salad, Mandarin Oranges, Fruit Juice</p>
<p><b>15</b></p> <p><b>Spaghetti with Meatballs &amp; WG Breadstick</b> <b>California Ranch Chicken Sandwich</b> Sweet Golden Corn, Fresh Broccoli Florets, Fresh Apple, Fruit Juice</p>	<p><b>16</b></p> <p><b>Fish Sticks with Mac &amp; Cheese</b> <b>Taco Cheeseburger</b> Green Beans, Red Pepper Strips, Orange, Apple Juice</p>	<p><b>17</b></p> <p><b>National Hot Dog Day</b> <b>Hot Dog Day</b> <b>Bacon Cheeseburger</b> Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice</p>	<p><b>18</b></p> <p><b>Chicken Fajitas with Mexican Rice</b> <b>Chicken Teriyaki Sandwich</b> Black Charro Beans, Celery Sticks, Fresh Grapes, Orange Juice</p>	<p><b>19</b></p> <p><b>Chef's Choice</b> <b>Pizza Burger</b> Steamed Broccoli, Cucumber Slices, Mixed Fruit, Fruit Juice</p>
<p><b>22</b></p> <p><b>No School</b></p>	<p><b>23</b></p> <p><b>Rotini with Italian Meat Sauce &amp; WG Breadstick</b> <b>Bacon Cheeseburger</b> Green Beans, Red Pepper Strips, Fresh Orange, Apple Juice</p>	<p><b>24</b></p> <p><b>Broccoli &amp; Cheese Baked Potato with Roll</b> <b>Chicken Patty Salsa Melt</b> Steamed Carrots, Garden Salad, Fresh Banana, Grape Juice</p>	<p><b>25</b></p> <p><b>Grilled Cheese with Tomato Soup</b> <b>Jalapeno Cheeseburger</b> Baked Beans, Celery Sticks, Fresh Grape, Orange Juice</p>	<p><b>26</b></p> <p><b>General Tso's Popcorn Chicken &amp; Rice</b> <b>Pizza Burger</b> Steamed Broccoli, Baby Carrots, Diced Peaches, Fruit Juice</p>
<p><b>29</b></p> <p><b>Meatloaf with Gravy and Italian Flatbread</b> <b>California Ranch Chicken Sandwich</b> Mashed Potatoes with Gravy, Cherry Tomatoes, Fresh Apple, Fruit Juice</p>	<p><b>30</b></p> <p><b>Popcorn Chicken Bowl with Dinner Roll</b> <b>Cajun Cheeseburger</b> Green Beans, Cucumber Slices, Fresh Orange, Apple Juice</p>	<p><b>31</b></p> <p><b>Cheesy Penne with WG Breadstick</b> <b>BBQ Cheeseburger</b> Steamed Carrots, Celery Sticks, Fresh Banana, Grape Juice</p>		

<p><b>Meal Prices:</b> Breakfast: \$1.15 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</p>
--

Menus are subject to change without notice.

This institution is an equal opportunity provider.

# High School Lunch

## January 2018

### 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>Happy New Year!</b>	2 Florentine Chicken Flatbread	3 Mexican Pizza	4 Meat Lover's Pizza	5 Vegetable Pizza
8 Meat Lover's Pizza	9 Spicy Pepperoni Flatbread	10 Bruschetta Pizza	11 Vegetable Pizza	12 Buffalo Chicken Flatbread
15 Alfredo Chicken & Spinach Flatbread	16 Sausage Pizza	17 Meat Lover's Pizza	18 Spicy Chicken Pizza	19 Stuffed Crust Cheese Pizza
22 <b>No School</b>	23 Chicken Parmesan Pizza	24 Buffalo Chicken Flatbread	25 Bruschetta Chicken Flatbread	26 Vegetable Pizza
29 White Cheese & Sausage Flatbread	30 Meat Lover's Pizza	31 Stuffed Crust Cheese 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