

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

<p>Meal Prices: 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>
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Menus are subject to change without notice.

This institution is an equal opportunity provider.

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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 Happy New Year!	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 No School	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