



January High Lunch Menu



DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.:

Breakfast Sandwich, Pancakes, Cereal or Cereal Bar & Toast.

Must choose at least 1:
Fruit or Juice.

May choose 1:
Milk

Fat Free Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée.
Must choose at least 1:

Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)

May choose 1:
Milk



Fat Free Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily:

Hot Entrée, meat or meatless Entrée Salads, Cold Sandwiches

Vegetable choices hot & cold

Variety of Fruits fresh, cupped, 100% juices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Professional Development Day</p> <p>No School for Students!</p> 	<p>4</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Refried Fiesta Beans Romaine Side Salad</p>	<p>5</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Crispy Fries Sliced Cucumbers Side Salad</p>	<p>6</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Corn Niblets Fresh Veggie Dippers</p>	<p>7</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Green Beans Romaine Side Salad</p>
<p>10</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Sweet Green Peas Fresh Veggie Dippers</p>	<p>11</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Country Baked Beans Romaine Side Salad</p>	<p>12</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Seasoned Curly Fries Sliced Cucumbers Side Salad</p>	<p>13</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Sweet Potato Fries Fresh Veggie Dippers</p>	<p>14</p> <p>Choose One:</p> <p>*** Hot Entrée Choices</p> <p>Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Broccoli Florets Romaine Side Salad</p>
<p>17</p> <p>No School</p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>18</p> <p>Choose One:</p> <p>Chicken Tinga Tacos Max Cheese Sticks Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Mexican Street Corn Marinara Cup * Salsa Cup Romaine Side Salad</p>	<p>19</p> <p>Choose One:</p> <p>Chicken Souvlaki Sandwich Corn Dog or Hot Dog on a Bun w/ Onion Rings Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Green Beans Sliced Cucumbers Side Salad</p>	<p>20</p> <p>Choose One:</p> <p>BBQ Pork & Cheese Nachos or Beef & Cheese Loaded Nachos Chicken Nuggets & Roll Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Crispy Fries Fresh Veggie Dippers</p>	<p>21</p> <p>Choose One:</p> <p>Cheese Pizza Crunchers Boneless Buffalo Chicken Wings & Biscuit Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Santé Fe Black Beans Romaine Side Salad</p>
<p>24</p> <p>Choose One:</p> <p>Asian Chicken Rice Bowl w/ Chow Mein Noodles Hamburger on a Bun or Cheeseburger on a Bun Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose: Tater Tots Fresh Veggie Dippers</p>	<p>25</p> <p>Choose One:</p> <p>Beef Tacos or Pork Tacos Cheesy Bread Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Refried Fiesta Beans Marinara Sauce Cup Romaine Side Salad</p>	<p>26</p> <p>Choose One:</p> <p>Cavatappi Pasta Alfredo Boneless Chicken Wings ** Both served w/ Breadstick Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Crispy Fries Sliced Cucumbers Side Salad</p>	<p>27</p> <p>Choose One:</p> <p>Mini Cheese Calzones Popcorn Chicken, Mashed Potatoes, Gravy & Roll Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose: Corn Niblets Marinara Sauce Cup Fresh Veggie Dippers</p>	<p>28</p> <p>Choose One:</p> <p>Chicken Drumstick with Mac 'n Cheese & Cornbread MaxSnax Cheese Quesadillas Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose: Green Beans Salsa Cup Romaine Side Salad</p>
<p>31</p> <p>Choose One:</p> <p>Popcorn Chicken & Waffle Cheese Lasagna Roll-Up w/ Breadstick Assorted Entrée Salads Cold Sandwich Variety</p> <p>Choose:</p> <p>Sweet Green Peas Fresh Veggie Dippers</p>	<p>*** Please check with your Cafeteria Manager for Hot Entrée Choices</p>			

PLEASE NOTE:
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.

