

MIDDLE/HIGH SCHOOL LUNCH MENU - JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choice of Milk</u> 1% White Milk or Skim Chocolate Milk</p> <p><u>Abbreviations</u> WG = Whole Grain WWW = White Whole Wheat WW = Whole Wheat RF = Reduced Fat RS - Reduced Sodium LS = Low Sodium</p>			4-Jan	5-Jan
			WG Turkey Pepperoni Pizza Banana Romaine Salad Mix Tri Tator Ketchup Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
Bean Tostadas Mexican Rice Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce/ Salsa Refried Beans RF Shredded Cheese Choice of Milk OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Applesauce Fresh Broccoli Florets Sweet Potato Fries Diced Pineapples Ketchup/Mustard/Ranch Dressing Choice of Milk OR CHOICE OF SALAD BAR	BBQ Pulled Pork Sandwich WG Hamburger Bun Baked Beans Tri Tator Broccoli Orange Fruit Mix Ketchup Choice of Milk OR CHOICE OF SALAD BAR	Chicken Fajitas w/WG Flour Tortilla Mexican Rice Pinto Beans Salsa Shredded Lettuce/Tomato Avocado Strawberries Banana Choice of Milk OR CHOICE OF SALAD BAR	General Tso Chicken Rice Oriental Vegetables Pineapple Tidbits Orange Choice of Milk OR CHOICE OF SALAD BAR
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
Martin Luther King Holiday NO SCHOOL	Grilled Chicken Fajitas Lettuce/Tomato/Cheese Pinto Beans WG Flour Tortilla Salsa Strawberries Fruit Salad Avocado Choice of Milk OR CHOICE OF SALAD BAR	Bean Tostadas Mexican Rice Refried Beans Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce/Salsa RF Shredded Cheese Choice of Milk OR CHOICE OF SALAD BAR	Spicy Chicken Patty WG Bun Lettuce/Tomato Cucumber Slices Red Delicious Apple Diced Pineapples Choice of Milk Mayo/Ketchup OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Banana Romaine Salad Mix Tri Tator Ketchup Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
Chicken Teriyaki Rice Romaine Salad Fruit Salad Mix Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	Taco Salad w/Tortilla Chips Mexican Rice Orange Fruit Mix Beans Salsa Diced Tomato Shredded Lettuce Choice of Milk OR CHOICE OF SALAD BAR	LS Hamburger Patty WG Hamburger Bun RF/RS Sliced Cheese Applesauce Fresh Broccoli Florets Sweet Potato Fries Diced Pineapples Ketchup/Mustard/Ranch Dressing Choice of Milk OR CHOICE OF SALAD BAR	Chicken Fajitas w/WG Flour Tortilla Mexican Rice Pinto Beans Salsa Shredded Lettuce/Tomato Avocado Strawberries Banana Choice of Milk OR CHOICE OF SALAD BAR	General Tso Chicken Rice Oriental Vegetables Pineapple Tidbits Orange Choice of Milk OR CHOICE OF SALAD BAR
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
Beef Burrito Mexican Rice Refried Beans Shredded Lettuce Diced Tomatoes Salsa RF Shredded Cheese Choice of Milk Red Delicious Apple OR CHOICE OF SALAD BAR	Calzone Marinara Sauce Broccoli Florets Cauliflower Mandarin Oranges Red Delicious Apple Choice of Milk OR CHOICE OF SALAD BAR	WG Turkey Pepperoni Pizza Banana Romaine Salad Mix Tri Tator Ketchup Choice of Milk FF Ranch/Italian Dressing OR CHOICE OF SALAD BAR	BBQ Pulled Pork Sandwich WG Hamburger Bun Baked Beans Tri Tator Broccoli Orange Fruit Mix Ketchup Choice of Milk OR CHOICE OF SALAD BAR	Bean Tostadas Mexican Rice Red Delicious Apple Diced Mango Sliced Carrots Shredded Lettuce/ Salsa Refried Beans RF Shredded Cheese Choice of Milk OR CHOICE OF SALAD BAR