

Lunch Menu – January 2019

Student Fees:

Lunch - \$

Monday	Tuesday	Wednesday	Thursday	Friday
<i>School Closed</i>	<i>School Closed</i>	<i>School Closed</i>	3 Chicken tenders w/ Tator Tots and Glazed Carrots Or Roast Beef & Cheese w/ Carrots and Goldfish or Veggie Pasta Salad w/Grilled Chicken/Tuna Toppers Daily Fruit offering: Clementine	4 Cheese Burger or Fish Filet Sandwich w/ Baked Beans & Green Beans Or Chicken or Tuna Caesar Salad w/ Garlic bread Daily Fruit offering: Fresh Fruit
<i>Winter Break</i>	<i>Winter Break</i>	<i>Teacher In-service</i>		
7 Chicken & Waffles w/Steamed Carrots, Celery Sticks w Soy Butter Or Buffalo Chicken Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana	8 Baked Ziti or Lasanga w/Steamed Peas and Broccoli Or Turkey & Cheese, Baby Carrots w/ Hummus and Goldfish or Garden Salad w/buffalo Chic salad, Tofu toppers Daily Fruit Offering: Apple Slices	9 Assorted Calzones w/ Zucchini & Red Peppers and Broccoli & Tomatoes Or Chicken Caesar Wrap w/ Wheat Berry Vegetable Salad & Feta Carrots/FF Cool Ranch Doritos & Potato salad Daily Fruit offering: Diced Honeydew	10 Oven Roasted Chicken, Black eyed peas, Steamed Corn & WW Roll Or Turkey Ham & Cheese w/ Cucumber and Goldfish or Veggie Pasta Salad w/Grilled Chicken/Tuna Toppers Daily Fruit offering: Fresh Pears	11 Orange or Asian Beef & Broccoli Brown Rice w/ Stir-fried Veg or Chicken or Tuna Caesar Salad w/ Garlic bread or Tuna Salad Sandwich w/Celery w/Soy Butter FF Doritos Daily Fruit offering: Fresh Fruit
14 Wings (Buffalo or BBQ) Mac & Cheese w/Green Beans Or Buffalo Chicken Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana	15 Fish Tacos w/ Brown rice and Collard Greens Or Teriyaki Chicken wrap w/ Carrots and Goldfish or Asian Veggie Salad w/Grilled Chicken/Tofu Toppers Daily Fruit offering: apple slices	16 Salisbury steak, Au-Gratin Potatoes, Green Beans w/Dinner Roll Or American Cold Cut Sub w/ RF Cool Ranch Doritos & Potato Salad Garden Salad w/ Feta cheese/Chef Toppers Daily Fruit offering: Diced Cantaloupe	17 Chicken tenders w/ Tator Tots and Glazed Carrots Or Roast Beef & Cheese, celery sticks & Goldfish or Garden Salad w/Grilled Chicken/Tuna Toppers& dinner roll Daily Fruit offering: Orange Wedges	18 Beef Or Fish Tacos, Refried Beans w/ Steamed Broccoli Or Caesar Salad w/Chicken/Tuna Garlic bread or Turkey & Cheese Sandwich w/FF Doritos/Celery Sticks w/soy butter Daily Fruit offering: Assorted Fresh Fruit
21 <i>School Closed</i> <i>MLK DAY</i>	22 Breaded Chicken Breast Sandwich w/Steamed Broccoli Or Greek Chicken Salad wrap w/Hummus & Crackers and baby Carrots or Muffin Munchable Meal Daily Fruit offering: Banana	23 Pizza Day (Cheese, Hawaiian, Turkey Pepperoni) Zucchini w/Red Peppers Fresh Assorted Vegetables Bites Or American Cold Cut Sub or Garden Salad Greek Chic Salad, Chef Toppers FF Cool Ranch Doritos or Potato Salad Daily Fruit offering: Pineapple Chunks	23 Beef Hot Dogs or Turkey Pretzel Dogs w/Peas & Carrots & Baked Beans Or Turkey Ham & Cheese w/ Cucumber slices and Goldfish or Garden Salad w/Grilled Chicken/Turkey Bacon Toppers & roll Daily Fruit offering: Grapes	25 Chicken Cheesesteak w/ Baked Fries & Sauteed Spinach Or Caesar Salad w/Chicken/Tuna Garlic bread or Roast Beef & Pepper Jack Cheese Sandwich w/FF Doritos/broccoli bites Daily Fruit offering: Assorted Fresh Fruit
28 Spaghetti & Meatballs or Cheese Tortellin w/Marinara Sauce & Steamed Broccoli and Baby Carrot Or Tuna Salad wrap w/ Cheddar Popcorn & Carrots or Muffin Munchable Meal Daily Fruit offering: Banana	29 General Tso's Chicken or Asian Beef & Broccoli w/Brown Rice & Stir-fried Veg or Asian Veggie Salad w/teriyaki glazed Tofu Garlic bread or Teriyaki Chicken wrap, Celery sticks w/Hummus Daily Fruit offering: Apple Slices	30 Salisbury steak, Mashed Potatoes & Green Beans w/Dinner Roll Or American Cold Cut Sub w/ RF Cool Ranch Doritos & Potato Salad Garden Salad w/ Cheddar cheese/Tuna Toppers Daily Fruit offering: Fruit Medley	31 Chicken tenders w/ Tator Tots and Glazed Carrots Or Roast Beef & Cheese, Goldfish cucumber slice or Veggie Pasta Salad w/Grilled Chicken/Tuna Toppers Daily Fruit offering: Pears	1 Cheese Burger or Fish Filet Sandwich w/ Baked Beans & Green Beans Or Chicken or Tuna Caesar Salad w/ Garlic bread Broccoli & Tomato bites Daily Fruit offering: Fresh Fruit

