



January 2019: High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 <u>Spaghetti & Meatballs</u> <u>Deli Sandwich</u> Steamed Carrots Fruit Ice Milk	3 <u>Macaroni and Cheese</u> <u>Deli Sandwich</u> Baked Beans Fruit Ice Milk	4 <u>Turkey/Cheese Sandwich</u> <u>Deli Sandwich</u> Baked French Fries Dole Mandarin Oranges Milk
7 <u>Teriyaki Chicken/Brown Rice</u> <u>Deli Sandwich</u> Green beans Diced Peaches Milk	8 <u>Spaghetti & Meatballs</u> <u>Deli Sandwich</u> Steamed Carrots Fruit-Chef's Choice Milk	9 <u>Macaroni and Cheese</u> <u>Chicken/Beef</u> Baked Beans Fruit-Chef's Choice Milk	10 <u>Mozzarella Stick/Pasta Side</u> <u>Deli Sandwich</u> Baked French Fries Diced Pineapples Milk	11 <u>Waffles/Chicken Tender</u> <u>Deli Sandwich</u> Garden Green Salad Fresh Fruit Milk
14 <u>Spaghetti & Meatballs</u> <u>Deli Sandwich</u> Baked Beans Diced Pineapples Milk	15 <u>Assorted Deli Sandwich</u> Garden Green Salad Fresh Fruit Milk	16 <u>Chicken Quesadilla</u> <u>Deli Sandwich</u> Steamed Corn Fruit-Chef's Choice Milk	17 <u>Jamaican Beef Patty</u> <u>Deli Sandwich</u> Steamed Carrots Diced Peaches Milk	18 <u>Pizza- Whole Wheat</u> <u>Deli Sandwich</u> Mixed Vegetables Applesauce Milk
21  Martin Luther King Jr. Day SCHOOL CLOSED	22 <u>Teriyaki Chicken/Brown Rice</u> <u>Deli Sandwich</u> Green beans Diced Peaches Milk	23 <u>Ground Beef and Macaroni</u> <u>Deli Sandwich</u> Baked Beans Fruit-Chef's Choice Milk	24 <u>Grilled Cheese Sandwich</u> <u>Deli Sandwich</u> Baked French Fries Diced Pineapples Milk	25 <u>Waffles/Chicken Tender</u> <u>Deli Sandwich</u> Garden Green Salad Fresh Carrots Fresh Fruit Milk
28 <u>Spaghetti & Meatballs</u> <u>Deli Sandwich</u> Baked Beans Diced Pineapples Milk	29 <u>Assorted Deli Sandwich</u> Garden Green Salad Fresh Fruit Milk	30 <u>Chicken Quesadilla</u> <u>Deli Sandwich</u> Steamed Corn Fruit-Chef's Choice Milk	31 <u>Macaroni and Cheese</u> <u>Deli Sandwich</u> Mixed Vegetables Applesauce Milk	
MENU SUBJECT TO CHANGE				
Fresh Fruit, Canned Fruit, Applesauce			MILK CHOICES: 1%, Fat Free, Fat Free Chocolate ONLY	