

JANUARY

4 Day High School Dish Up Lunch Menu

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You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option



Our milk varieties include 1% low fat & fat-free choices.



Nutritious seasonal fresh & cupped fruit served daily.



We offer a variety of vitamin and mineral rich vegetables.



We use heart healthy whole grain breads and rice.



All Menus are subject to change.



MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<p>2018 HAPPY NEW YEAR 1</p> <p>Chicken Tenders (6 piece) 8 or Bean & Cheese Burrito V Potato Wedges ½ cup Fiesta Beans ½ cup Raisels and/or Mixed Fruit Cup Milk</p>	<p>2</p> <p>Cheeseburger w/bun or Grilled Cheese Sandwich V 9 Baby Carrots w/Ranch Pears and/or 100% Fruit Juice Yogurt Milk</p>	<p>3</p> <p>Hot Ham & Cheese Sandwich 10 or Bean & Cheese Burrito V Peas & Carrots 1 cup Pineapple and/or Raisels Colby Jack Cheese Stick Flamin' Hot Cheetos Milk</p>	<p>4</p> <p>Cheese Pizza V 11 or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch Craisins and/or 100% Fruit Juice String Cheese Milk</p>	
<p>MLK Day 15 No School</p> <p>16</p> <p>Breaded Chicken Drumsticks (2 each) & Dinner Roll or Grilled Cheese Sandwich V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup and/or Craisins String Cheese Milk</p>	<p>17</p> <p>BBQ Pulled Pork Sandwich or Bean & Cheese Burrito V Baby Carrots Pineapples and/or 100% Fruit Juice Cheesy Breadstick Milk</p>	<p>18</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch Raisels and/or Mixed Fruit String Cheese Milk</p>		
<p>22</p> <p>Double Dog or Bean & Cheese Burrito V Tater Tots 1 cup Pears and/or Mandarin Oranges Chocolate Chip Cookie Milk</p>	<p>23</p> <p>Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas & Carrots ½ cup Craisins and/or 100% Fruit Juice Colby Jack Cheese Stick Milk</p>	<p>24</p> <p>Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peach Cup and/or Raisels Milk</p>	<p>25</p> <p>Cheese Pizza V or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch Fresh Clementine and/or 100% Fruit Juice String Cheese Milk</p>	
<p>29</p> <p>Hamburger w/bun or Bean & Cheese Burrito V Potato Wedges ½ cup Carrot Coins ½ cup Pineapple and/or Applesauce Milk</p>	<p>30</p> <p>Chicken Gordita or Grilled Cheese Sandwich V Fiesta Beans ½ cup Sweet Corn ½ cup Raisels and/or 100% Fruit Juice String Cheese Milk</p>	<p>31</p> <p>Mesquite Chicken Drumsticks (2 each) & Dinner Roll or Bean & Cheese Burrito V Green Beans ¾ cup Creamy Mashed Potatoes ½ cup Craisins and/or Peaches Celebration Cookie Milk</p>	<p>31</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad and/or Baby Carrots w/Ranch Colby Jack Cheese Stick Fresh Clementine and/or 100% Fruit Juice Milk</p>	

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