

JANUARY

Sec Supper Menu

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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</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>Teriyaki Sliders Edamame ¼ cup Pears Milk <i>Or Grab & Go if Available</i></p> <p>8</p>	<p>Spicy Chicken Sandwich ½ cup Tater Tots ¼ cup Apple sauce Milk <i>Or Grab & Go if Available</i></p> <p>9</p>	<p>Mesquite Drumsticks (2) ½ cup Sweet Corn ¼ cup Peaches Milk <i>Or Grab & Go if Available</i></p> <p>10</p>	<p>Spicy Chicken Nuggets w/ Ranch ½ cup Green Beans ¼ cup Pears Milk <i>Or Grab & Go if Available</i></p> <p>11</p>	<p>Teriyaki Chicken w/Rice ½ cup Carrot Coins ¼ cup pineapple Milk <i>Or Grab & Go if Available</i> OR CHEF SPECIAL</p> <p>12</p>
<p>MLK Day</p>  <p>15</p> <p>No School</p>	<p>Kickin' Chicken Sandwich ½ cup Potato Wedges ¼ cup mandarin oranges Milk <i>Or Grab & Go if Available</i></p> <p>16</p>	<p>Breaded Chicken (2) Drumstick 1/2 cup Sweet corn ¼ cup Apple sauce Milk <i>Or Grab & Go if Available</i></p> <p>17</p>	<p>Hamburger ½ cup baked fries ¼ cup pineapple Milk <i>Or Grab & Go if Available</i></p> <p>18</p>	<p>Bacon Cheeseburger ½ cup Deli Roasters ¼ cup Mixed fruit Milk <i>Or Grab & Go if Available</i> OR CHEF SPECIAL</p> <p>19</p>
<p>BBQ Pulled Pork w/ Bun ½ cup Campfire Baked Beans ¼ cup Peaches Milk <i>Or Grab & Go if Available</i></p> <p>22</p>	<p>Crispy Chicken Ranch BLT Sandwich ½ cup Green Beans ¼ cup Pears Milk <i>Or Grab & Go if Available</i></p> <p>23</p>	<p>Chicken Tenders (3) w/ Ranch ½ cup Tater Tots ¼ cup Apple Sauce Milk <i>Or Grab & Go if Available</i></p> <p>24</p>	<p>Double Cheeseburger ½ cup Baked fries ¼ cup Pears Milk <i>Or Grab & Go if Available</i></p> <p>25</p>	<p>Spicy Chicken Sandwich ½ cup Baked Fries ¼ cup Apple sauce Milk <i>Or Grab & Go if Available</i> OR CHEF SPECIAL</p> <p>26</p>
<p>Mesquite Drumsticks (2) ½ cup Sweet Corn ¼ cup Peaches Milk <i>Or Grab & Go if Available</i></p> <p>29</p>	<p>Spicy Chicken Nuggets w/ Ranch ½ cup Green Beans ¼ cup Pears Milk <i>Or Grab & Go if Available</i></p> <p>30</p>	<p>Orange Chicken w/Rice ½ cup Carrot Coins ¼ cup pineapple Milk <i>Or Grab & Go if Available</i></p> <p>31</p>	<p>Kickin' Chicken Sandwich ½ cup Potato Wedges ¼ cup mandarin oranges Milk <i>Or Grab & Go if Available</i> OR CHEF SPECIAL</p> <p>1</p>	<p>Double Cheeseburger ½ cup Baked fries ¼ cup Pears Milk <i>Or Grab & Go if Available</i> OR CHEF SPECIAL</p> <p>2</p>

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