

January

LUNCH

2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

MENU SUBJECT TO CHANGE
100% JUICE ALWAYS AVAILABLE

IF YOU HAVE A FOOD ALLERGY CONCERN PLEASE SEE YOUR FOOD SERVER OR MANAGER.

2
 4-OZ BHR/CHICK PARTY
 1-CUP MASHED POTATO
 1-CUP SUCCATASH
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

3
 4-OZ CHICKEN TENDERS
 1/2-CUP MAC/CHEESE
 1-CUP TOSSED SALAD
 1-CUP MORNAGO BLEND
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

4
 4-OZ BHR/BONI
 1-CUP SL. CARROTS
 1-CUP TOSSED SALAD
 1-CUP DINNER ROLL
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

5
 4-OZ HOT TURKEY/GRANT
 1/2-CUP MASHED POTATO
 1-CUP TUSCAN VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

6
 4-OZ BOLOGNA/CH/ROLL
 4-OZ TURK/CH/ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP SPINACH
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

9
 4-OZ CH. BURGER/BUN
 1-OZ TURKEY BACON
 1/2-CUP LET/TOM/PICKLE
 1-CUP BABY CARROTS
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

10
 4-OZ SALAMI/CH/ROLL
 4-OZ TURK/CH/ROLL
 1/2-CUP LET/TOM/PICKLE
 1-CUP MIXED VEG.
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

11
 4-OZ MEATLOAF/GRANT
 1-CUP MASHED POTATO
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

12
 4-OZ CHICKEN SANDWICH
 1-WHAT KAISER ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP CUT GREEN BEANS
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

13
 4-OZ MEATBALLS
 1-WHAT HERO
 1-CUP TUSCAN VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

16
 2-HOT DOGS/BUNS
 1-CUP TOSSED SALAD
 1/2-CUP SAURKRAUT
 1/2-CUP VEGGIE BEANS
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

17
 4-OZ MEATSAUCE
 1/2-CUP WHEAT SPAGHETTI
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

18
 4-OZ CHICKEN PARM
 1-WHAT ROLL
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

19
 4-OZ CHILI CON CARNIE
 1/2-CUP BROWN RICE
 1-CUP PEAS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

20
 4-OZ CHICKEN/EGG SALAD
 1-WHAT KAISER ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP BABY CARROTS
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

23
 4-OZ GRILLED CHICKEN
 1-WHAT KAISER ROLL
 1-CUP LET/TOM/CHEESE
 1-CUP SPINACH
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

24
 4-OZ BREADED FLOUNDER
 4-OZ SAUSAGE STRIPS
 1-CUP STRING BEANS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

25
 4-OZ HAM/CH/ROLL
 4-OZ TURK/CH/ROLL
 1/2-CUP LET/TOM/PICKLE
 1-CUP BROCCOLI
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

26
 4-OZ ROAST CHICKEN
 1/2-CUP SPANISH RICE
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

27
 4-OZ HOT ROAST BHRP
 1/2-CUP MASHED POTATO
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

30
 4-OZ BHR/CHICK PARTY
 1-CUP MASHED POTATO
 1-CUP SUCCATASH
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

31
 4-OZ CHICKEN TENDERS
 1/2-CUP MAC/CHEESE
 1-CUP TOSSED SALAD
 1-CUP MORNAGO BLEND
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

The following foods must be served in order to be counted as a meal.

Lunch: Students must take 4-oz juice or vegetable at every meal and at least two items from the three offered below:

- *Milk
- *Meat
- *Grains
- *Meat or meat alternate