

January 2018

Type Your School Name Here

LUNCH



\$3.00 for student / \$3.50 adults
All lunches come with full vegetable & fruit bar



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL TODAY

1

Hot dog w/Merit fires
Pudding cup
Chef Salad
Turkey avocado wraps

2

Chicken fajita
Spanish rice
Chef Salad
Ham and cheese flatbread

3

Ham fried Rice
Egg roll w/ sweet chili sauce
Fortune cookie
Asian Salad

4

Roast turkey
Mashed potatoes
Gravy and roll
Chef salad
Pretzel with cheese sauce

5

Pizza Choice
Taco Salad

8

Creamy Chicken noodle
Breadstick
Chef Salad

9

Chicken salad, ham or turkey
and cheese sub sandwiches

10

Country fried steak
Mashed potatoes/gravy
Asian Salad w/egg roll

11

NO SCHOOL TODAY

12

NO SCHOOL TODAY

15

Orange Chicken w/rice
Mixed vegetable
Chef Salad
Turkey avocado wraps

16

Café Rio Type Salads
Ham cheese flatbread/chips

17

Spaghetti w/meat sauce
Green beans

18

Corn chowder
Ham cheese sliders

19

Pizza Choice
Taco salad

22

Chicken Sandwich /fries
Chef salad

23

French toast sticks
Hash browns
Ham or sausage patty

24

Teriyaki chicken / rice
Asian salad w/ egg roll

25

Nachos w/ hamburger
Salsa & refined beans

26

Pizza choice
Taco salad

29

Ham Alfredo pasta
Green beans

30

Grilled cheese sandwich
Tomato basil soup
Ham cheese flatbread
Chicken Caesar salad

31

