

January 2019

Junior High Lunch Menu

Tuesday	1	NO SCHOOL – HAPPY NEW YEAR
Wednesday	2	Meatball Hoagie, Baked Beans, Baby Carrots
Thursday	3	Mac and Cheese, Breadstick, Stewed Tomatoes, Green Peas
Friday	4	Meat Lovers Pizza, Steamed Broccoli, Italian Salad
Monday	7	Bacon Cheeseburger, French Fries, Steamed Carrots
Tuesday	8	General Tso’s Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Wednesday	9	Walking Taco, Mexican Rice, Baked Beans, Baby Carrots
Thursday	10	Ham and Cheese on Pretzel Roll, Steamed Corn, Celery Sticks
Friday	11	Cheese Pizza Sticks with Sauce, Green Peas, Italian Salad
Monday	14	BBQ Chicken Hoagie, Sweet Potatoes, Baby Carrots
Tuesday	15	Loaded Nachos, Baked Beans, Steamed Corn
Wednesday	16	Pancakes with Sausage, Roasted Potatoes, Celery Sticks
Thursday	17	BBQ Rib Sandwich, Potato Salad, Caesar Salad
Friday	18	NO SCHOOL - INSERVICE
Monday	21	NO SCHOOL – MARTIN LUTHER KING DAY
Tuesday	22	Crunchy Tacos, Refried Beans, Pico di Gallo
Wednesday	23	Cheese Pizza Sticks with Sauce, Steamed Carrots, Cucumber Slices
Thursday	24	Chicken Mashed Potato, Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	25	Pasta with Meat Sauce, Breadstick, Caesar Salad, Green Beans
Monday	28	Meatball Hoagie, Steamed Corn, Italian Salad
Tuesday	29	General Tso’s Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Wednesday	30	Walking Taco, Mexican Rice, Baked Beans, Baby Carrots
Thursday	31	Cheese Steak Hoagie, French Fries, Celery Sticks

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

What is a Meal? You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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Components: Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk
- 1% white, fat-free white, chocolate, vanilla and strawberry

Daily Fruit Selections may include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Daily Features: Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

Grill Options May include: Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets and Grilled Cheese

Deli Selections May Include: Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbreads

Pizza Selections May Include: Cheese, Pepperoni, Buffalo Chicken Pizza, and Stuffed Crust

Fresh Salads May Include: Chicken Caesar, Garden, Spicy Chicken, Popcorn Chicken Salads

Lunch Prices: Student \$2.05. Reduced \$0.40. Adult \$3.05.

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