

Baker Lunch Menu



January 2018



CREATIONS

JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7 th -11 th	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Mini Corn Dogs and Sweet Potato Fries	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Cheese V or Pepperoni Stromboli and California Vegetable Blend	Baked Penne with Green Beans and a Dinner Roll V
14 th -18 th	General Tso's Chicken with Fried Rice and Oriental Vegetable Blend	Roasted Turkey and Gravy with Roasted Carrots	Beefy Macaroni with Dinner Roll and Green Beans	Chicken Nuggets with Corn and a Dinner Roll	Pulled Pork Mac and Cheese with Steamed Broccoli
21 st -25 th	MLK DAY – No School	Broccoli Chicken Alfredo with Dinner Roll	Chili Baked Potatoes with Dinner Roll	Students Attend AM Only	No School
28 th – 1 st	Orange Chicken with Brown Rice and Oriental Vegetables	Macaroni and Cheese with Dinner Roll and Steamed Broccoli V	Chicken Drumstick with Mashed Potatoes, Gravy and a Dinner Roll	Chicken Nuggets with Corn and a Dinner Roll	French Toast V with Turkey Sausage and Hash Brown Patties

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



GRILL

JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Bosco Sticks V	Hamburger Cheeseburger Garden/Black Bean Burger V Crispy/Spicy Chicken Patty Bosco Sticks V
7th -11th	Philly Cheese Steak Sandwich	Chicken Parm Sandwich	Bacon Cheeseburger	Pulled Pork Sandwich	Chicken Cordon Blue Sandwich
14th -18th	BBQ Bacon Cheeseburger	Chicken Philly	Meatball Sub	Hot Dog	Chicken Club
21st -25th	MLK DAY – No School	Chicken Parm Sandwich	Bacon Cheeseburger	Students Attend AM Only	No School
28th – 1st	BBQ Bacon Cheeseburger	Chicken Philly	Meatball Sub	Hot Dog	Chicken Club

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.



PIZZA

DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY OPTIONS:	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza	Cheese Pizza V Pepperoni Pizza
7 th -11 th	BBQ Chicken Pizza	Meatlover's Calzone	Veggie Pizza V	Sausage Pizza	Breakfast Pizza
14 th -18 th	Buffalo Chicken Pizza	Sausage Pizza	Surpreme Pizza	Sausage Calzone	Chicken Spinach Alfredo
21 st -25 th	MLK DAY – No School	Cheese Flatbread V	Bruschetta Pizza	Students Attend AM Only	No School
28 th – 1 st	Mac & Cheese Pizza	Sausage Pizza	Buffalo Chicken Pizza	Meatball Calzone	Margherita Pizza

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.



DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
EVERYDAY SIDES:	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>	<i>Shredded lettuce, diced tomatoes, salsa, jalapenos</i>
7 th -11 th	Chicken Fajita Bowl Taco Fiesta Black Beans	Steak Fajitas Refried Pinto Beans	Cheese Quesadillas V Taco Fiesta Black Beans	Beef Tacos Refried Pinto Beans	Beef or Bean and Cheese Nachos V Taco Fiesta Black Beans
14 th -18 th	Beans Enchiladas V Refried Pinto Beans	Cheese Quesadillas V Taco Fiesta Black Beans	Beef or Bean and Cheese Nachos V Taco Fiesta Black Beans	Chicken Fajitas Taco Fiesta Black Beans	Beef Tacos V Refried Pinto Beans
21 st -25 th	MLK DAY – No School	Chicken Burrito Taco Fiesta Black Beans	Beef or Bean and Cheese Nachos V Refried Pinto Beans	Students Attend AM Only	No School
28 th – 1 st	Beef or Bean and Cheese Nachos V Taco Fiesta Black Beans	Beef or Bean and Cheese Tacos V Refried Pinto Beans	Chicken Quesadilla V Taco Fiesta Black Beans	Chicken Fajitas Refried Pinto Beans	Beef Quesadillas V Taco Fiesta Black Beans

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.

DECEMBER MENU



DELI

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Protein</u> Salami Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Buffalo Chicken Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Bacon Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Chicken Nuggets Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>	<p><u>Protein</u> Pepperoni Turkey Ham Roast Beef Chicken/Tuna Salad Hummus V American Cheese V White American/Swiss V</p> <p><u>Bread</u> V Whole Grain Sub Whole Grain Tortilla Whole Grain Bread Whole Grain Flatbread</p> <p><u>Veggies</u> V Lettuce Spinach Tomato Onions Black Olives Green Peppers Banana Peppers Pickles</p> <p><u>Sauce</u> V Mayo Chipotle Mayo Mustard Italian/Ranch Dressing</p>

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.



FAST TAKES

DECEMBER MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7th -11th	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad V	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad V
14th-18th	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V
21st -25th	MLK DAY – No School	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad V	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad V	Students Attend AM Only	No School
28th – 1st	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad V	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad V	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad V	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad V	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad V

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian.