

Jr High Lunch Jan 2019 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 1/7/2019 In-Service	Tue - 1/8/2019 Breaded Chicken Sand Chicken Fajitas Pinto Beans Steam Corn Fruited Gelatin Spanish Brown Rice Salsa Ketchup FF Mayonnaise Mustard Choice of milk	Wed - 1/9/2019 Tuna Salad Sandwich Lasagna Whole Wheat Roll Green Peas Green Beans Pumpkin Pudding Pears Ranch Dressing Choice of milk	Thu - 1/10/2019 Soft Beef Tacos Salisbury Steak Whole Wheat Roll Burger Lettuce Cup Diced Tomatoes Carroteenies/Ranch Mashed Potatoes Assorted Fruit Salsa Brown Gravy Choice of milk	Fri - 1/11/2019 Pizza Pepperoni Hot Dog Leafy Salad French Fries Fruit Slush Ranch Dressing Ketchup Mustard Choice of milk
Mon - 1/14/2019 Breaded Chicken Sand Chicken Alfredo Garlic Breadstick Burger Lettuce Cup Green Peas Baked Sweet Potatoes Fruit Slush Ketchup FF Mayonnaise Mustard Choice of milk	Tue - 1/15/2019 Hamburger Asian Day Fried Rice Burger Lettuce Cup Steam Broccoli Brown Sugar Carrots Mandarin Oranges Ketchup FF Mayonnaise Mustard Choice of milk	Wed - 1/16/2019 Sliced Meat Sandwich Enchiladas Leafy Salad Pinto Beans Steam Corn Fruit Spanish Brown Rice Salsa Ranch Dressing FF Mayonnaise Mustard Choice of milk	Thu - 1/17/2019 Grilled Cheese Meatball Sub Sandwich Burger Lettuce Cup Pinto Beans Green Beans Baked Potato Half Tomato Soup Fresh Apples Ketchup Mustard Choice of milk	Fri - 1/18/2019 Pizza Pepperoni Hot & Spicy Fish Sand Leafy Salad French Fries Fruit Slush Ranch Dressing Ketchup FF Mayonnaise Choice of milk
Mon - 1/21/2019 HOLIDAY	Tue - 1/22/2019 Hamburger Cheese Burger Chicken Rings Whole Wheat Roll Burger Lettuce Cup Steam Broccoli Herb Roast Potatoes Apple Slices Ketchup FF Mayonnaise Mustard Choice of milk	Wed - 1/23/2019 Breaded Chicken Sand Crispito Burger Lettuce Cup Pinto Beans Steam Corn Fruited Gelatin Spanish Brown Rice Salsa Ketchup FF Mayonnaise Mustard Choice of milk	Thu - 1/24/2019 Meatloaf Whole Wheat Roll Macaroni & Cheese Leafy Salad Green Beans Fruit Slush Ranch Dressing Choice of milk	Fri - 1/25/2019 Pizza Pepperoni Corn Dog Leafy Salad Tomato Soup Spiral Fries Fruit Slush Ranch Dressing Ketchup Mustard Choice of milk
Mon - 1/28/2019 Hamburger Chicken Nuggets Whole Wheat Roll Burger Lettuce Cup Mashed Potatoes Brown Sugar Carrots Fruit Slush Country Gravy Ketchup FF Mayonnaise Mustard Choice of milk	Tue - 1/29/2019 Breaded Chicken Sand Nachos with Meat Burger Lettuce Cup Steam Corn Pinto Beans Mandarin Oranges Salsa Ketchup FF Mayonnaise Mustard Choice of milk	Wed - 1/30/2019 Deli Sandwich Chicken Popcorn Bites Whole Wheat Roll Leafy Salad Broccoli Green Peas Apple Slices Ranch Dressing FF Mayonnaise Ketchup Mustard Choice of milk	Thu - 1/31/2019 Soft Beef Tacos Steak Fingers Whole Wheat Roll Burger Lettuce Cup Diced Tomatoes Zucchini & Squash Green Beans Fresh Oranges Salsa Country Gravy Ketchup Choice of milk	

This product was funded by USDA. This institution is an equal opportunity provider.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.