



# January

2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<h2>Special News...</h2> <p>In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: <a href="http://www.ascr.usda.gov/complaint_filing_cust.html">http://www.ascr.usda.gov/complaint_filing_cust.html</a>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a></p> <p>This institution is an equal opportunity provider.</p> <p><b>Menus are subject to change without notice.</b></p>
<b>Weekly Rotation:</b>  <b>Monday-Popcorn</b> Chicken Salad/Roll, Cheeseburger  <b>Tuesday-Ham/ Cheese</b> Sdw, Corndog <b>Wednesday- Turkey</b> Chef Salad/Roll, Chicken Nuggets/Roll	<b>1</b> <i>HAPPY*NEW*YEAR</i>  <b>Thursday-Turkey Wrap,</b> BBQ Pork Rib Sdw <b>Friday- Fruit &amp; Cheese</b> Platter/Roll, Popcorn Chicken/Roll	<b>2</b>  <b>Student Holiday</b>	<b>3</b> Chicken Tacos Kickin' Pintos Baby Carrots Side Salad Watermelon Applesauce 100% Orange Juice	<b>4</b> Spicy Chicken Sdw Steamed Broccoli Sliced Cucumber Red Pepper Strips Red Grapes Pineapple Tidbits 100% Fruit Blend Juice	
<b>7</b> Salisbury Stk w/Gravy Parsley Noodles Red Pepper Strips Steamed Broccoli Straw/Spinach Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>8</b> Sweet & Sour Chix Broccoli w/ Rice Roasted Mixed Vegetables Potato Bites Diced Pears Fresh Plum 100% Apple Juice	<b>9</b> Chicken Spaghetti w/ Breadstick Green Peas Roasted Carrots Fresh Zucchini Sl Diced Peaches Fresh Apple 100% Grape Juice	<b>10</b> Beef Nachos Charro Beans Celery Sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>11</b> Spicy Chicken Sdw Steamed Carrots Cucumber Sl Tomato Wedge Red Grapes Pineapple Tidbits 100% Fruit Blend Juice	
<b>14</b> Chicken Drumstick Corn Muffin Mashed Potatoes Steamed Broccoli Straw/Spinach Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>15</b> Chicken Parmesan w/Pasta Steamed Green Beans Fresh Red Peppers Side Salad Cantaloupe Fresh Plum 100% Apple Juice	<b>16</b> Bk Potato w/ Chili & Chz, Soft Pretzel Orange Glazed Carrots Fresh Zucchini Sl Diced Tomatoes Fresh Apple Diced Peaches 100% Grape Juice	<b>17</b> Beef Quesadilla Refried Beans Celery Sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>18</b> Spicy Chicken Sdw Steamed Spinach Baby Carrots Cucumber Sl Red Grapes Pineapple Tidbits 100% Fruit Blend Juice	
<b>21</b>  <b>NO SCHOOL</b>	<b>22</b> Popcorn Potato Bowl w/Soft Pretzel Roasted Cauliflower Cucumber Sl Side Salad Fresh Plum Diced Pear 100% Apple Juice	<b>23</b> Cheese Ravioli w/ Marinara Sauce/Brdstk Roasted Squash Fresh Broccoli Celery Sticks Fresh Apple Diced Peaches 100% Grape Juice	<b>24</b> Soft Beef Tacos Charro Beans Steamed Zucchini Baby Carrots Side Salad Watermelon Applesauce 100% Orange Juice	<b>25</b> Spicy Chicken Sdw Steamed Broccoli Red Pepper Strips Fresh Zucchini Sl Red Grapes Pineapple Tidbits 100% Fruit Blend Juice	
<b>28</b> Southwest Meatloaf w/ Brown Gravy/Roll Steamed Corn Baby Carrots Straw/Spinach Salad Fresh Orange Fruit Mix 100% Fruit Blend Juice	<b>29</b> Fish Sticks w/ Mac 'n Cheese Steamed Green Beans/Carrots Red Pepper Strips Side Salad Fresh Plum Diced Pear 100% Apple Juice	<b>30</b> Orange Popcorn Chix w/ Lomein Fresh Zucchini Sl Sweet Potato Bites Fresh Broccoli Fresh Apple Diced Peaches 100% Grape Juice	<b>31</b> Beef Nachos Kickin' Pintos Celery Sticks Side Salad Watermelon Applesauce 100% Orange Juice	<b>Tuesday and Thursday:</b> Cheese and Pepperoni Pizza  <b>Daily's:</b>  Milk Variety Peanut Butter & Jelly Sandwich	

## MIDDLE SCHOOL LUNCH

## Special News...

Don't forget to apply for the Free or Reduced Program...applications are available in the campus office.

