



JANUARY

HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
COCOA PUFFS ^ Graham Crackers ^ Diced Pears Apple Juice Choice of Milk	EGG & CHEESE ON A BRIOCHE BUN Diced Peaches Grape Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	STRING CHEESE Peach Mini Loaf ^ Fresh Apple* Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
Granola ^ Craisins Orange-Tangerine Juice Choice of Milk RASPBERRY YOGURT	CHICKEN BISCUIT ^ Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk	BLUEBERRY COFFEE CAKE Graham Crackers ^ Fresh Apple* Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Pear* Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Blueberry Muffin ^ Fresh Apple* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	SAUSAGE & WAFFLE ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	WHOLE PLAIN BAGEL ^ Cream Cheese Fresh Apple* Choice of Milk	BREAKFAST BURRITO ^ Fresh Orange* Applesauce Cup Choice of Milk	WG CHEERIOS ^ Graham Crackers ^ Fresh Apple* Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
APPLE CINNAMON COFFEE CAKE French Toast Breakfast Square ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk	Syrup Choice of Milk FRENCH TOAST STICKS ^ Grape Juice Diced Pears	MAPLE BROWN SUGAR OATMEAL ^ Granola ^ Fresh Apple* Choice of Milk	CHEESE OMELET Biscuit ^ Fresh Orange* Mixed Fruit Cup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



JANUARY

HIGH SCHOOL L2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Fresh Broccoli Florets Light Ranch Dressing TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI Garden Vegetables Fresh Banana* Applesauce Cup Cherry Cookie ^ Choice of Milk	CHICKEN NUGGETS W/POTATO ROUNDS Wrapped Sliced Bread ^ BBQ Sauce FRENCH TOAST STICKS W/SAUSAGE ^ Syrup Potato Rounds SunSet Sip Juice Fresh Apple* Ketchup Choice of Milk	Fruit Punch Juice Pretzel ^ Ketchup Choice of Milk TURKEY BURGER ^ Maple Baked Beans Chipotle Ranch BEEF CHILI DOG Wrapped Hot Dog Bun ^ Mustard Corn Mixed Fruit Cup	NACHO COMBO CHILI CRISPY CHICKEN DRUMSTICK ^ Tortilla Rounds ^ (2) Sweet Maple Butter Carrots Jalapenos Fresh Apple Slices Grape Juice Choice of Milk	Pineapple Tidbits Orange-Tangerine Juice Vanilla Cookie ^ Choice of Milk POPCORN CHICKEN ^ BBQ Sauce PEPPERONI PIZZA ^ Baby Carrots Fresh Cucumber Slices Romaine Lettuce Light Ranch Dressing
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
CHICKEN & GREEN CHILE TAMALE Hot Sauce CHEESEBURGER ^ Mustard Ketchup Whole Kernel Corn Fresh Red Pepper Slices Light Ranch Dressing Diced Pears Apple Juice Choice of Milk	SPAGHETTI & MEATBALLS ^ Breadstick (IW)^ BBQ CHICKEN with DICED CARROTS Wrapped Hamburger Bun ^ Green Beans Orange-Tangerine Juice Mixed Fruit Cup Choice of Milk	ORANGE CHICKEN with BROCCOLI CHEESE LASAGNA With TOMATO SAUCE & BROCCOLI Garden Vegetables Pineapple Tidbits Fresh Orange* Vanilla Cookie ^ Choice of Milk	TACO MEAT Tostada Bowl^ Taco Sauce BEAN & CHEESE PUPUSA Diced Carrots Honey Roasted Sunflower Seeds Fiesta Beans Fresh Apple Slices Grape Juice Multi Grain Sun Chips ^ Hot Sauce Choice of Milk	CHICKEN SANDWICH ^ BBQ Sauce CORN DOG ON A STICK Ketchup Mustard Country Blend Vegetables Fresh Crunchy Celery Sticks Light Ranch Dressing Fresh Banana* Diced Peaches Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Peas Fresh Orange* Apple Juice Chocolate Cookie ^ Choice of Milk	PEPPERONI PIZZA ^ Fresh Broccoli Florets Light Ranch Dressing GENERAL TSO'S CHICKEN (with noodles & broccoli) Sweet Maple Butter Carrots Fresh Pear* Strawberry-Kiwi Juice Cheddar Sun Chips ^ Choice of Milk	CRISPY CHICKEN DRUMSTICK ^ French Fries BBQ Sauce Ketchup Corn Muffin ^ SALISBURY STEAK WITH GRAVY & MASHED POTATOES Wrapped Hamburger Bun ^ Green Beans Fresh Apple* Choice of Milk	*BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN ALFREDO PASTA ^ Breadstick (IW)^ Wango Mango Juice Baby Carrots Light Ranch Dressing Diced Peaches Fresh Apple Slices Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
SANTA FE CHICKEN WITH CARROTS Corn Muffin ^ TURKEY BURGER ^ Corn SunSet Sip Juice Ketchup Mustard Applesauce Cup Fresh Pear* Choice of Milk	CHEESE PUPUSA Hot Sauce Honey Roasted Sunflower Seeds POPCORN CHICKEN ^ BBQ Sauce Fiesta Beans Romaine Lettuce Light Ranch Dressing Croutons ^ Grape Juice Pineapple Tidbits Choice of Milk	BBQ CHICKEN WITH GREEN BEANS Wrapped Hamburger Bun ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup Green Beans Fresh Red Pepper Slices Light Ranch Dressing Diced Peaches Orange-Tangerine Juice Choice of Milk	CHEESEBURGER ^ Potato Rounds Mustard CHICKEN NUGGETS W/POTATO ROUNDS Breadstick (IW)^ BBQ Sauce Fresh Cucumber Slices Light Ranch Dressing Jalapenos Fresh Nectarine Fruit Punch Juice Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.