

# January 2019 High School Lunch Menu



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## The Grille

Grilled Chicken Sandwich  
Cheeseburger on a Bun  
Breaded Chicken Sandwich  
Spicy Chicken Sandwich

## The Garden

Grilled Chicken Sandwich  
Roast Turkey & Cheese Salad  
Chicken Caesar Salad  
Garden Salad with Cheese  
Chef Salad  
Breaded Chicken Salad

## The Pizzeria

Hot Buffalo Chicken Pizza  
Fiestada Pizza  
Pepperoni Pizza  
BBQ Ham Pizza  
Broccoli & Cheese Pizza

## Grab & Go

A wide variety of sandwiches, wraps, specialty salads are available daily!

## Options

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fresh Produce from Local Farms based on crop</p> 	<p>1 <b>No School</b>  <b>Happy New Year!</b></p>	<p>2 Fiestada Pizza Or Teriyaki Grilled Chicken on bun Mixed Vegetables Assorted Fruit Choice Milk Choice</p>	<p>3 Popcorn Chicken Bowl with bread slice or Deli Hoagie on bun Steamed Corn Assorted Fruit Choice Milk Choice</p> 	<p>4 Beef Nachos with cheese, salsa &amp; bread or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p>
<p>7 Breaded Chicken Parmesan on bun or BBQ Rib on bun Steamed Peas Assorted Fruit Choice Milk Choice</p> 	<p>8 <b>Recipe of the Month</b> Meatloaf w/bread slice or Spicy Italian Wrap Mashed Potatoes Assorted Fruit Choice Milk Choice &amp; <b>Dessert</b></p>	<p>9 Brunch Lunch! French Toast with Syrup and sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit Choice Milk Choice</p>	<p>10 General Tso's over rice Or Sloppy Joe on bun Romaine Salad Assorted Fruit Choice Milk Choice</p>	<p>11 Walking Taco with cheese, salsa Or Pierogie's w/bread slice Black &amp; White Bean Salad Assorted Fruit Choice Milk Choice</p>
<p>14 Fiestada Pizza Or Bacon Cheeseburger on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p>	<p>15 <b>*Food Fusion Recipe*</b> <b>Waffle Monte Crisco</b> or Chicken Fajita's with peppers &amp; onions or Sweet Potato Fries Assorted Fruit Choice Milk Choice</p>	<p>16 Popcorn Chicken Bowl with bread slice or Deli Hoagie on bun Steamed Corn Assorted Fruit Choice Milk Choice</p>	<p>17 Pepperoni Pinwheel w/sauce or Chef's Choice Mixed Vegetables Assorted Fruit Choice Milk Choice</p>	<p>18 <b>No School</b></p>
<p>21 <b>No School</b>  <b>Martin Luther King Jr. Day</b></p>	<p>22 Pasta Bowl w/breadstick Or Chilled Chicken Ranch Twister Romaine Salad Assorted Fruit Choice Milk Choice</p> 	<p>23 Chicken in gravy over biscuit or Corn Dog Nuggets Mashed Potatoes Assorted Fruit Choice Milk Choice &amp; <b>Dessert</b></p>	<p>24 <b>Wok Station</b> Chicken &amp; Vegetables over rice or Hot Turkey &amp; Cheese on bun Mixed Vegetables Assorted Fruit Choice Milk Choice</p>	<p>25 <b>Ida Tarbell Luncheon</b> Fiestada Pizza or Sloppy Joe on bun Steamed Peas Assorted Fruit Choice Milk Choice</p>
<p>28 Hot &amp; Spicy Chicken Strips w/bread or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit Choice Milk Choice</p>	<p>29 Weenie Boats on bread or Cheesesteak Hoagie Oven Baked French Fries Assorted Fruit Choice Milk Choice</p>	<p>30 Popcorn Chicken Bowl with bread slice or Deli Hoagie on bun Steamed Corn Assorted Fruit Choice Milk Choice</p>	<p>31 Macaroni &amp; Cheese with a roll or Ham &amp; Cheese on Pretzel bun Steamed Peas Assorted Fruit Choice Milk Choice</p>	<p><b>Whole Grains Available Daily</b></p> 

## The Deli

Buffalo Chicken  
Oven Roasted Turkey and Cheese  
Ham & Cheese  
Tuna Salad  
Egg Salad

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar includes:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*Fruits include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

## Milk

Milk Choices Offered Daily:  
1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

Lunch Prices: Paid \$2.50 Reduced \$4.00

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**MENUS SUBJECT TO CHANGE**