

JANUARY 2018

Middle & High Lunch Menu

MONDAY

1

Winter Break

TUESDAY

2

Lunch Entrée'-Choose one-
Spicy Sichuan Chicken
Fried Rice
Cougar Burger on Bun
Pizza Variety
Sides-Choose one or more-
Seasoned Peas
Veggie Cup w/ Dip
Fruit /Juice

WEDNESDAY

3

Lunch Entrée'-Choose one-
Taco Salad
Corn Dog
Pizza Variety
Sides-Choose one or more-
Seasoned Corn
Cucumber & Tomato Salad
Fruit /Juice Variety

THURSDAY

4

Lunch Entrée'-Choose one-
Chicken Alfredo / Garlic Toast
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Carrots w/ Dip
Steamed Broccoli
Fruit / Juice Variety

FRIDAY

5

Lunch Entrée'-Choose one-
Hot Dog on bun
Buffalo Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Baked Beans
Cole Slaw
Fruit / Juice Variety
Cookie

8

Lunch Entrée'-Choose one-
Nachos w/Beef
Philly Cheese Steak Flatbread
Pizza Variety
Sides-Choose one or more-
Fiesta Pintos
Steamed Broccoli
Fruit / Juice Variety

9

Lunch Entrée'-Choose one-
Boneless Chicken Bites
Hot Dog on Bun
Pizza Variety
Sides-Choose one or more-
Breaded Okra
Carrots w/ Dip
Fruit /Juice Variety
Cookie

10

Lunch Entrée'-Choose one-
Country Steak Bites
Honey Wheat Roll
Chick Fillet
Pizza Variety
Sides-Choose one or more-
Mashed Pot. / Gravy
Bl. Eyed Peas
Fruit /Juice Variety

11

Lunch Entrée'-Choose one-
Pasta w/ Meatsauce /
Garlic Toast
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Garden Salad
Seasoned Corn
Fruit /Juice Variety

12

Lunch Entrée'-Choose one-
Chicken Fajitas
Cougar Burger on Bun
Pizza Variety
Sides-Choose one or more-
Veggie Cup
Seasoned Peas
Fruit /Juice Variety

15

Holiday

16

Lunch Entrée'-Choose one-
Chicken Pot Pie
Buffalo Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Steamed Broccoli
Sunbelievable Ice
Fruit / Juice Variety
Cookie

17

Lunch Entrée'-Choose one-
Pancakes & Sausage
Deli Sandwich Turkey & Ham
Pizza Variety
Sides-Choose one or more-
Sweet Potato Puffs
Cucumber & Tomato Salad
Fruit / Juice Variety

18

Lunch Entrée'-Choose one-
BBQ Prok on Rice
Honey Wheat Roll
Hot Dog on Bun
Pizza Variety
Sides-Choose one or more-
Baked Beans
Cole Slaw
Fruit / Juice Variety

19

Lunch Entrée'
Deli Sandwich
Raisels
Italian Ice
Celery
Carrots

22

Professional Development Day

23

Lunch Entrée'-Choose one-
Teriyaki Beef Dippers
Honey Wheat Roll
Chicken Filet
Pizza Variety
Sides-Choose one or more-
Mashed Potatoes/ Gravy
Garden Salad
Fruit / Juice Variety

24

Lunch Entrée'-Choose one-
Chicken Fajita Rice Bowl
BBQ Sandwich
Pizza Variety
Sides-Choose one or more-
Green Beans
Sunbelievable Ice
Fruit / Juice Variety

25

Lunch Entrée'-Choose one-
Boneless Chicken Bites
Philly Cheese Steak Hoagie
Pizza Variety
Sides-Choose one or more-
Steamed Broccoli
Carrots w. Dip
Fruit / Juice Variety
Cookie

26

Lunch Entrée'-Choose one-
Fish Nuggets / Mac & Cheese
Cheeseburger
Pizza Variety
Sides-Choose one or more-
Baked Beans
Cole Slaw
Fruit / Juice Variety

29

Lunch Entrée'-Choose one-
Popcorn Smackers
Fajita Chicken Flatbread
Pizza Variety
Sides-Choose one or more-
Roasted Sweet Potato Bites
Green Beans
Fruit /Juice Variety
Cookie

30

Lunch Entrée'-Choose one-
Spicy Sichuan Chicken
Fried Rice
Cougar Burger on Bun
Pizza Variety
Sides-Choose one or more-
Seasoned Peas
Veggie Cup w/ Dip
Fruit /Juice

31

Lunch Entrée'-Choose one-
Taco Salad
Corn Dog
Pizza Variety
Sides-Choose one or more-
Seasoned Corn
Cucumber & Tomato Salad
Fruit /Juice Variety

DID YOU KNOW...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS,
WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS.
HE LOOKED BACK TO THE LAST YEAR AND FORWARD
TO THE NEW ONE.

Meal Time Message

Assorted Juice and Milk choices available daily for Breakfast and lunch: 1% White, Fat Free Chocolate or Strawberry

Offered For Lunch Daily Based on Availability: PBJ Sandwich or Yogurt Parfait with Granola or Chef Salad Meal

School News

Monthly Birthday Celebration for January Birthdays will be on Friday, January 26, 2018

Menu items subject to change based on availability

This Institution is an equal opportunity provider.