

MURRAY HIGH MENU

JANUARY 2017



	Monday	Tuesday	Wednesday	Thursday	Friday						
Main Line	1 Christmas Holidays	2 Holidays	3 Country Fried Steak w/Gravy Oven Roasted Chicken Creamed Potatoes Roasted Vegetables Green Beans WW Roll Tossed Salad, Fruit	4 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	5 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad						
						Grill Line	BBQ Sandwich Spicy Chicken Sandwich Cheeseburger Baked Chips Lettuce/Tomato/Pickle Roasted Vegetables Cole Slaw, Salad, Fruit	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad		
										Grab n Go	Spicy Chicken Sandwich Pizza Stix with Marinara PBJ Packs Chef Salads
Main Line	8 Popcorn Chicken Smackers Baked Italian Casserole Broccoli w/Cheese Oven Roasted Potatoes Carrots Whole Wheat Roll Tossed Salad	9 Hearty Bowl of Soup w/Saltines Choice of Sandwich Pizza Quesadilla Spiced Apples or Pears Baked Potato Tossed Green Salad Raw Veggies W/Dip	10 Hamburger Steak w/Gravy Chicken Fettucini Creamed Potatoes Green Peas Cole Slaw WW Roll Tossed Salad	11 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	12 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad						
						Grill Line	Fish Sandwich Grilled Chicken Sand Spicy Chicken Sand French Fries Lettuce/Tomato/Pickle Carrot and Celery Stix Cole Slaw, Salad	Hot Sub: Meatball, Fajita or Teriyaki BBQ Sandwich Crispy Chicken Sandwich Carrot Stix Baked Lays Lettuce/Tomato/Pickle Tossed Salad Cole Slaw	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad	
											Grab n Go
Main Line	15 No School Maartin Luther King Day	16 Chili Cheese Fries Hot Dog w/side of Chili Celery/Carrot Stix Cole Slaw Tossed Green Salad Shredded Cheese, Sour Cream WG Saltines	17 Country Fried Steak w/Gravy Oven Roasted Chicken Creamed Potatoes Roasted Vegetables Green Beans WW Roll Tossed Salad, Fruit	18 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	19 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad						
						Grill Line	Cheeseburger Crispy Chicken Sandwich Fries/Baked Lays Lettuce/Tomato/Pickle Celery/Carrot Stix Cole Slaw Tossed Salad, Fruit	BBQ Sandwich Spicy Chicken Sandwich Cheeseburger Baked Chips Lettuce/Tomato/Pickle Roasted Vegetables Cole Slaw, Salad, Fruit	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad	
											Grab n Go
Main Line	22 Popcorn Chicken Smackers Baked Italian Casserole Broccoli w/Cheese Oven Roasted Potatoes Carrots Whole Wheat Roll Tossed Salad	23 Hearty Bowl of Soup w/Saltines Choice of Sandwich Pizza Quesadilla Spiced Apples or Pears Baked Potato Tossed Green Salad Raw Veggies W/Dip	24 Hamburger Steak w/Gravy Chicken Fettucini Creamed Potatoes Green Peas Cole Slaw WW Roll Tossed Salad	25 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	26 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad						
						Grill Line	Fish Sandwich Grilled Chicken Sand Spicy Chicken Sand French Fries Lettuce/Tomato/Pickle Carrot and Celery Stix Cole Slaw, Salad	Cheeseburger BBQ Sandwich Crispy Chicken Sandwich Fries/Baked Lays Lettuce/Tomato/Pickle Celery/Carrot Stix Cole Slaw Tossed Salad, Fruit	Hot Sub: Meatball, Fajita or Teriyaki BBQ Sandwich Crispy Chicken Sandwich Baked Lays Lettuce/Tomato/Pickle Tossed Salad Cole Slaw	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Main Line	29 Filet of Fish, Chicken Casserole Pizza Quesadilla Baked Sweet Potato English Peas/Broccoli WW Roll Tossed Green Salad Fruit	30 Chili Cheese Fries Hot Dog w/side of Chili Celery/Carrot Stix Cole Slaw Tossed Green Salad Shredded Cheese, Sour Cream WG Saltines	31 Country Fried Steak w/Gravy Oven Roasted Chicken Creamed Potatoes Roasted Vegetables Green Beans WW Roll Tossed Salad, Fruit								
						Grill Line	Cheeseburger Crispy Chicken Sandwich Fries/Baked Lays Lettuce/Tomato/Pickle Celery/Carrot Stix Cole Slaw Tossed Salad, Fruit	BBQ Sandwich Spicy Chicken Sandwich Cheeseburger Baked Chips Lettuce/Tomato/Pickle Roasted Vegetables Cole Slaw, Salad, Fruit			
											Grab n Go

This institution is an equal opportunity provider

Assorted Fruit, Milk, Pizza and Boxed Salads served each day