






# JANUARY


## High School Menu




Hot breakfast available daily – Grab and Go Options also available (see below for details)

Offered Daily at Breakfast – Choice of WG Strawberry or Brown Sugar Cinnamon Pop Tart, WG Dunkin Stick w/ 100% Mozzarella Cheese Stick or Self-Serve Yogurt Parfait – all offered w/ Assorted Fruit Choices, 100% Juice, & Choice of 1% Milk or Skim Milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Teacher Workday</b></p> <p>Enjoy fresh NC apples and sweet potatoes this month in your school cafeteria!</p>  	<p>Chocolate Muffin w/ String Cheese</p> <p>Mozzarella Cheese Stuffed Sticks(30) w/ Marinara (8)</p> <p><b>Build Your Own Asian Rice Bowl:</b> Chef's Choice Sauce over Popcorn Chicken (33) w/ Brown Rice (48) Oven Baked Potato Wedges (21) Steamed Broccoli (3)</p>	<p>Chicken Biscuit (27)</p> <p>Mini Cheese Ravioli (36) w/ WG Garlic Breadstick (17) Pepperoni Pizza (33)</p> <p>Oven Baked Tater Tots (19) Seasoned Green Beans (4)</p>	<p>PB&amp;J Sandwich (32)</p> <p>Pepperoni Pizza (33)</p> <p><b>Build Your Own Nachos or Rice Bowl:</b> Classic Beef (1) or Buffalo Chicken (1) w/ Tortilla Chips (34) or Brown Rice (48)</p> <p>Steamed Corn (17), Cajun Pintos (19), Salsa (6)</p>	<p>Sausage Breakfast Pizza (21)</p> <p>Turkey Pie (26) w/ Biscuit (23) Corn Dog Nuggets (31)</p> <p>Red Bliss Mashed Potatoes (18) Seasoned Green Beans (4)</p>
<p>9</p> <p><b>SNOW DAY</b></p>	<p>10</p> <p><b>SNOW DAY</b></p>	<p>11</p> <p><b>SNOW DAY</b></p>	<p>Banana Bread Slice (43)</p> <p>Breaded Chicken (11) w/ Original Mac 'N Cheese (20) Corn Dog Nuggets (31)</p> <p>Oven Roasted Potatoes (19) Caesar Salad (7)</p>	<p>Hawaiian Ham &amp; Cheese (28)</p> <p>Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Pepperoni Pizza (33)</p> <p>Steamed Kale (10) Baked Potato (43)</p>
<p>16</p> <p><b>HOLIDAY</b></p> 	<p>17</p> <p><b>EXAM WEEK!</b> Mozzarella Cheese Stuffed Sticks(30) w/ Marinara (8) Oven Baked Potato Wedges (21) Steamed Broccoli (3)</p>	<p>18</p> <p><b>EXAM WEEK!</b> Homestyle Chicken Fillet Sandwich (42) NC Sweet Potato (43) Caesar Salad (5)</p>	<p>19</p> <p><b>EXAM WEEK!</b> Pepperoni Pizza (33) Seasoned Green Beans (4) Cajun Pintos (19)</p>	<p>20</p> <p><b>EXAM WEEK!</b> Sausage Breakfast Pizza (21) Corn Dog Nuggets (31) Oven Roasted Potatoes (19) Seasoned Green Beans (4)</p>
<p><b>*No Salad Bar/Confetti Salad offered this week!</b></p>				
<p>23</p> <p><b>Teacher Workday</b></p> 	<p>24</p> <p><b>Teacher Workday</b></p> 	<p>25</p> <p>Chicken Biscuit (30)</p> <p>Breaded Chicken (11) w/ Original Mac 'N Cheese (20) Corn Dog Nuggets (31)</p> <p>Oven Roasted Potatoes (19) Seasoned Green Beans (4)</p>	<p>26</p> <p>Banana Bread Slice (43)</p> <p>Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Pepperoni Pizza (33)</p> <p>Steamed Kale (10) Baked Potato (43)</p>	<p>27</p> <p>Hawaiian Ham &amp; Cheese (23)</p> <p>Pepperoni Pizza (33)</p> <p><b>Build Your Own Soup/ Salad/Potato Bar:</b> Taco Soup (34) or Cheesy Chicken Chili (20) w/ Choice of Tortilla Chips (34) or Cornbread (23) &amp; Crackers</p> <p>Salsa (6), Baked Potato (43) Mixed Greens (3)</p>
<p>Sausage Biscuit (23)</p> <p>Homestyle Chicken Fillet Sandwich (42) BBQ Sandwich (36)</p> <p>Oven Baked Tater Tots (19) Cole Slaw (7)</p>	<p>31</p> <p>Chocolate Muffin (32) w/ String Cheese (1)</p> <p>Mozzarella Cheese Stuffed Sticks(30) w/ Marinara (8)</p> <p><b>Build Your Own Asian Rice Bowl:</b> Chef's Choice Sauce over Popcorn Chicken (33) w/ Brown Rice (48) Oven Baked Potato Wedges (21) Sautéed Peppers &amp; Onions</p> 	<p>Weekly Fresh Bar Menu/Specials – Fresh Bar includes the following: Daily Manager's Choice Entrée Daily "Build Your Own Salad/Baked Potato Bar": Fresh Artisan Blend Spring Mix, Fresh Baked Potato (when menu'd), Diced Ham, Shredded Cheese, Confetti Salad, Croutons, &amp; Chilled Fruit</p> <p><i>*For more information about Universal Breakfast (UB), go to School Nutrition tab on the Make Payments &amp; View Your Students Account online! Just go to <a href="http://www.k12paymentcenter.com">www.k12paymentcenter.com</a></i></p> <p>Birthday Celebrations – Students will enjoy a Rice Krispy Treat with selection of a complete meal – Just look for the balloons!</p>		

 Signifies items made w/ fresh produce

 Signifies entrees made from scratch using fresh ingredients

USDA is an equal opportunity provider and employer.

Revised 1/12/17