

Deshler High School

January Lunch 2019

"Goooo....Deshler Tigers"

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets or Turkey Sandwich Creamed Potatoes Green Peas Romaine Salad Toast Fruit 7	Hamburger or Cheeseburger French Fries Green Beans Fruit Cookie 8	Taco Salad or Chicken Fajita Lettuce & Tomato Cheese Dip, Salsa, & Chips Seasoned Beans Fruit 9	Spicy or Breaded Chicken Sandwich Lettuce & Tomato Baked Beans Carrot Sticks Fruit Jell-O 10	Pizza or Turkey Sandwich Corn Romaine Salad Fruit Frozen Fruit Bar 11
Chicken Tenders or Pizza Creamed Potatoes Black Eyed Peas Romaine Salad Toast Fruit 14	Hotdog or Rib Sandwich Baked Beans Slaw Carrot Sticks Fruit Vanilla Pudding 15	Chicken Spaghetti or Breaded Chicken Green Beans Romaine Salad Breadstick Fruit 16	Ham Sandwich or Corndog Lettuce, Tomato, & Carrots Baked Chips Corn on Cob Fruit Brownie 17	Cheese Sticks or Pizza Marinara Sauce Broccoli Romaine Salad Fruit Frozen Fruit Bar 18
 MARTIN LUTHER KING JR. <i>Day</i> No School 21	Chili Crispito or Chicken Fajita Wrap Lettuce & Tomato Salsa & Cheese Sauce Seasoned Beans Fruit Mini Rice Krispy Treat 22	Chicken Stew or Pizza Grilled Cheese Sandwich Crackers Broccoli Romaine Salad Fruit 23	BBQ Sandwich or Corndog Green Beans Slaw Fruit Cookie 24	Hot Pocket or Pizza Marinara Sauce Corn Romaine Salad Fruit Frozen Fruit Bar 25
Chicken Bites or Turkey Sandwich Creamed Potatoes Black Eyed Peas Romaine Salad Toast Fruit 28	Roasted Chicken or Breaded Chicken Sweet Potato Casserole Green Beans Romaine Salad Roll Fruit & Chocolate Pudding 29	Chicken Fajita or Taco Salad Lettuce & Tomato Cheese Dip, Salsa, & Chips Seasoned Beans Fruit 30	Chicken Alfredo or Ham Sandwich Romaine Salad Broccoli Carrot Sticks Breadstick Fruit & Jell-O 31	
Salad Bar Offered Mon-Thus ONLY				Offer Vs. Serve A full meal for a student includes 3 of 5 items and must include a fruit or a vegetable.
Grab & Go PBJ Sandwich Meal Offered Mon & Fri Only		 www.myschoolbucks.com		Milk Offered Daily 