



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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JANUARY LUNCH Middle & High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NEW YEAR'S DAY! 1	2	3	4
7 <ul style="list-style-type: none"> Mighty Meaty Deli Combo Sandwich Sunbutter Jelly Sandwich Kit (V) <ul style="list-style-type: none"> Baby Carrots 	8 <ul style="list-style-type: none"> Mongolian Beef w/Rice Scoops w/Chicken & Green Chile Cheese Dip Cheese Ravioli (V) Chicken Salad Sandwich (DF) <ul style="list-style-type: none"> Corn 	9 <ul style="list-style-type: none"> Chili Citrus Chicken Drumstick w/Rice (DF) Chicken Tamale (DF) Pancakes & Omelet (V) Turkey Cheddar Sandwich <ul style="list-style-type: none"> Green Beans 	10 <ul style="list-style-type: none"> *NEW* Ranchero Chicken con Queso Bake Lone Star BBQ Chicken Sandwich Cheese Lasagna (V) Sesame Chicken Wrap (DF) <ul style="list-style-type: none"> Chopped Lettuce & Tomatoes w/Ranch 	11 <ul style="list-style-type: none"> Pasta w/Turkey Beef Bolognese Chicken Sausage and Cheddar Eggel Sandwich Pasta Alfredo (V) Egg Salad Sandwich (DF)(VG) <ul style="list-style-type: none"> Corn
14 <ul style="list-style-type: none"> Chicken Potstickers w/Rice Oven Roasted Chicken Sandwich (DF) Cheese Pizza (V) Buffalo Chicken Wrap <ul style="list-style-type: none"> Green Peas 	15 <ul style="list-style-type: none"> All Beef Hot Dog (DF) Chicken Quesadilla Fiesta Scoops w/Three Layer Dip (V) Veggie Chef Salad (VG) <ul style="list-style-type: none"> Pinto Beans & Grape Tomatoes 	16 <ul style="list-style-type: none"> Spaghetti and Meatballs (DF) Chicken Taco Trio Cheese Pizza (V) Sunbutter and Jelly Sandwich Kit (VG) <ul style="list-style-type: none"> Baby Carrots 	17 <ul style="list-style-type: none"> Orange Chicken w/Rice (DF) Chicken Tamale (DF) Italian Calzone (V) Honey Mustard Chicken Wrap <ul style="list-style-type: none"> Broccoli & Carrot Salad 	18 <ul style="list-style-type: none"> Chicken Enchiladas Turkey and Cheese Flatbread Sandwich Cheese Panada Pie (V) Sesame Chicken Salad <ul style="list-style-type: none"> Celery Sticks w/Ranch
21	22 <ul style="list-style-type: none"> Flame Broiled all Beef Cheeseburger Flame Broiled all Beef Burger (DF) Veggie Calzone (V) Mighty Meaty Deli Combo Sandwich <ul style="list-style-type: none"> Chopped Lettuce & Tomatoes w/Ranch 	23 <ul style="list-style-type: none"> Chicken Gumbo & Cornbread Tomato Curry w/Grilled Chicken Pancakes & Omelet (V) BBQ Chicken Wrap <ul style="list-style-type: none"> Green Beans 	24 <ul style="list-style-type: none"> Hawaiian Meatballs (DF) *NEW* Ranchero Chicken con Queso Bake Scoops w/Black Bean & Green Chile Cheese Dip (V) Turkey Cheddar Sandwich <ul style="list-style-type: none"> Pinto Beans & Grape Tomatoes 	25 <ul style="list-style-type: none"> Jerk Chicken Drumstick w/Pineapple Carrot Rice (DF) Buffalo Chicken Crunchadilla Bean Cheese Burrito (V) Hummus Dippers Kit (VG) Chicken <ul style="list-style-type: none"> Baby Carrots
28 <ul style="list-style-type: none"> Baked Mac & cheese w/Chicken Sausage Combo Chicken Taco Trio Cheese Lasagna (V) Chicken Salad Sandwich (DF) <ul style="list-style-type: none"> Baby Carrots 	29 <ul style="list-style-type: none"> All Beef Hot Dog (DF) General Tso Chicken w/Rice Cheese Ravioli (V) Sesame Chicken Wrap (DF) <ul style="list-style-type: none"> Corn 	30 <ul style="list-style-type: none"> Orange Chicken w/Rice (DF) Pepper Jack All Beef Cheeseburger Scoops w/Black Bean & Green Chile Cheese Dip (V) Egg Salad Sandwich (DF) (VG) <ul style="list-style-type: none"> Broccoli w/Ranch 	31 <ul style="list-style-type: none"> Kickin' Chicken Alfredo Sweet n Smoky Chicken Sausage Rice Bowl Cheese Enchiladas (V) Honey Mustard Chicken Wrap <ul style="list-style-type: none"> Green Beans 	

HAPPY NEW YEAR!

REV up your 2019! We're jazzing things up for the new year with a new look & feel. Check out our meals this month to see our new packaging!



Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Vegetable of the day