

**JUNIOR HIGH LUNCH MENU/JANUARY 1 – JANUARY 31, 2018**

**MENU SUBJECT TO CHANGE**

**SALAD BAR OFFERED DAILY**

**TWO COMPONENTS MAY BE DECLINED BUT MUST HAVE ½ c FRUIT OR VEGETABLE**

**IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S DAY  NO SCHOOL	2 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, PEACHES, OR PINEAPPLE FRUIT ROLL UP MILK	3 MEXICAN GOULASH LETTUCE SALAD w/ff dressing SEASONED BLACK BEANS ¼ c APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	4 ASIAN DAY ORANGE CHICKEN FRIED RICE STEAMED BROCCOLI EGG ROLL PINEAPPLE, APPLESAUCE, OR PEARS FORTUNE COOKIE MILK	5 CORN DOG w/catsup/mustard OR BURRITO W/SALSA SWEET POTATO FRIES PORK & BEANS ¼ c PEARS, PEACHES, OR MIXED FRUIT CHEX MIX MILK
8 WG POPCORN CHICKEN w/bbq/honey mustard/sweet & sour sauce MASHED POTATOES GRAVY GLAZED CARROTS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	9 CHICKEN PATTY ON WG BUN w/mayo & pickles SCALLOPED POTATOES PEAS ORANGE, PEACHES, OR PINEAPPLE MILK	10 SPAGHETTI /w MEAT SAUCE LETTUCE SALAD w/ff dressing CUCUMBERS/DICED TOMATOES CORN WW BREADSTICKS PEACHES, APPLESAUCE, OR MIXED FRUIT MILK	11 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) BROCCOLI FLORETS w/ff dip APPLE SLICES, PINEAPPLE OR RAISINS MILK	12 WG MINI CORN DOGS w/catsup/mustard CROSS CUT SAVORY POTATOES BAKED BEANS MANDARIN ORANGES, APPLESAUCE, OR PEARS WG SUGAR COOKIE MILK
15 MARTIN LUTHER KING'S BIRTHDAY  NO SCHOOL	16 WG CHEESE OR CHICKEN QUESADILLA W/SALSA ¼ c SEASONED BLACK BEANS ¼ c CORN MANDARIN ORANGES, PEACHES, OR MIXED FRUIT MILK	17 BBQ CHICKEN ON BUN w/pickles SWEET POTATO WAFFLE FRIES PEAS APPLE SLICES, MIXED FRUIT, OR PEACHES CHOCOLATE CHIP COOKIE MILK	18 ASIAN DAY TERIYAKI CHICKEN FRIED RICE GREEN BEANS EGG ROLL w/sweet & sour sauce MANDARIN ORANGES, PINEAPPLE, OR PEACHES MILK	19 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES BROCCOLI FLORETS w/ff dip ORANGE, PINEAPPLE, OR PEARS MILK
22 WG CHICKEN TENDERS w/bbq/honey mustard/sweet & sour sauce MASHED POTATOES & GRAVY GREEN BEANS WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	23 BBQ RIB ON WG BUN w/pickles CHEESY POTATOES PEAS ORANGE, PINEAPPLE, OR PEARS SIDEKICK FROZEN FRUIT ICEE MILK	24 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing WG BISCUIT APPLESAUCE, MANDARIN ORANGES, OR PEACHES MILK	25 TWO SOFT BEEF TACOS SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE DICED TOMATOES REFRIED BEANS ¼ c CORN PEARS, BANANA, OR PINEAPPLE MILK	26 HOT DOG OR CHILI DOG ON WG BUN w/catsup/mustard/relish TATER TOTS KIDNEY BEANS ¼ c PINEAPPLE, APPLESAUCE, OR BANANA MILK
29 WG CHICKEN NUGGETS w/bbq/honey mustard/sweet & sour sauce MASHED POTATOES & GRAVY GLAZED CARROTS WG PRETZEL ROD W/CHEESE APPLESAUCE, PINEAPPLE OR PEACHES MILK	30 SLOPPY JO ON WG BUN w/pickles SAVORY CUBES PINTO BEANS PEARS, MANDARIN ORANGES, OR MIXED FRUIT OATMEAL RAISIN COOKIE MILK	31 RAVIOLI W/MEAT SAUCE LETTUCE SALAD ½ c w/ff dressing GREEN BEANS WW GARLIC BREAD APPLE SLICES, PINEAPPLE, OR RAISINS MILK		

\*WG/Whole Grain Rich