

JUNIOR HIGH LUNCH MENU/JANUARY 7 – 31, 2019

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
7 CHICKEN FRYZE w/bbq or sweet/sour SAVORY CUBES BAKED BEANS WG PRETZEL ROD W/CHEESE MANDARIN ORANGES, PEACHES, OR APPLESAUCE MILK	8 CHICKEN PATTY ON WG BUN w/mayo & pickles SWEET POTATO FRIES PEAS ORANGE, PEACHES, OR PINEAPPLE FRUIT ROLL UP MILK	9 MEXICAN GOULASH LETTUCE SALAD w/ff dressing SEASONED BLACK BEANS APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	10 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, APPLE SLICES, OR PINEAPPLE MILK	11 ASIAN DAY GENERAL TSO OR ORANGE CHICKEN ASIAN FRIED RICE ½ c STEAMED BROCCOLI ½ c EGG ROLL w/sweet & sour MANDARIN ORANGES, PEACHES, OR PINEAPPLE FORTUNE COOKIE MILK
14 CHICKEN TENDERS w/bbq or sweet/sour MASHED POTATOES & GRAVY PEAS WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	15 WG MINI CORN DOGS w/catsup/mustard TATER TOTS PORK & BEANS ¼ c MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	16 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES WG SUGAR COOKIE MILK	17 BREADED MOZZARELLA STICKS w/marinara sauce ¼ c GREEN BEANS CORN MIXED FRUIT, PINEAPPLE, OR PEARS MILK	18 SWEET & SOUR CHICKEN ASIAN FRIED RICE BROCCOLI FLORETS w/ff dip EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR PEACHES FORTUNE COOKIE MILK
21 MARTIN LUTHER KING'S BIRTHDAY NO SCHOOL	22 WG POPCORN CHICKEN w/bbq or sweet/sour MASHED POTATOES & GRAVY GLAZED CARROTS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	23 RAVIOLI W/MEAT SAUCE CORN GREEN BEANS WG GARLIC BREADSTICKS APPLE SLICES, PINEAPPLE, OR RAISINS MILK	24 WG CHEESE OR CHICKEN QUESADILLA W/SALSA/SOUR CREAM SEASONED BLACK BEANS ¼ c LETTUCE SALAD ½ c w/tomatoes, cucumbers, & ff dressing MANDARIN ORANGES, PEACHES, OR MIXED FRUIT MILK	25 TERIYAKI CHICKEN ASIAN FRIED RICE CORN EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT, GRAHAM CRACKERS MILK
28 WG CHICKEN NUGGETS w/bbq or sweet/sour SWEET POTATO PUFFS LETTUCE SALAD w/ff dressing CUCUMBERS/DICED TOMATOES WG PRETZEL ROD W/CHEESE APPLESAUCE, PINEAPPLE OR PEACHES MILK	29 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES CELERY & CARROT STICKS ¼ c ea w/ff dip ORANGE, PINEAPPLE, OR PEARS MILK	30 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) GREEN BEANS APPLE SLICES, PINEAPPLE OR RAISINS MILK	31 NACHO GRANDE SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE DICED TOMATOES CORN REFRIED BEANS PEARS, PEACHES, OR PINEAPPLE MILK	

*WG/Whole Grain Rich