



January 2019



Jr-Sr High LUNCH

Student Paid: \$1.25 Reduced: \$.25 Adult: \$3.94 + tax Menu subject to change **We now offer Peanut FREE Peanut Butter**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NO SCHOOL Happy New Year!	2 Tomato Soup Grilled Cheese Sandwich Green Beans Fruit / Milk	2 Chicken, Bacon, Ranch Pasta Steamed Carrots Fruit / Milk	4 Cheese Pizza Steamed Broccoli Fruit & Milk
7 Chicken Nuggets Krinkle Cut Fries WG Roll & Margarine Fruit / Milk	8 Something NEW! Pepper Steak Tender Slices of Beef with Onions and Peppers served over Rice ~ Carrots Fruit / Milk	9 Chicken & Biscuits Tender chunks of chicken in a hearty gravy served over a biscuit Tender Sweet Peas Fruit / Milk	10 Frank 'N Mac Green Beans w/ Mushrooms Fruit / Milk	11 Italian Dunkers w/ marinara Brussels Sprouts Fruit / Milk
14 Chicken Patty On a WG Bun Peas & Corn Mix Fruit / Milk	15 Something NEW! General Tso's Chicken Served with Rice Oriental Blend Veggies Fruit / Milk	16 Hot Meatball Sub Green Beans Fruit / Milk	17 Monte Cristo Honey Glazed Carrots Fruit / Milk	18 Cheese Pizza Spinach Fruit / Milk
21 NO SCHOOL  Martin Luther King Day	22 Chicken Tenders w/ BBQ Sauce Corn WG Roll & Margarine Fruit / Milk	23 Baked Lasagna Tossed Salad w/ Dressing Garlic Buttered Roll Fruit / Milk	24 Chicken Noodle Soup Chicken Salad Sandwich Carrot & Celery Sticks w/ Ranch dip Fruit / Milk	25 Pepperoni Calzone w/ marinara Steamed Broccoli Fruit / Milk
28 Chicken & Waffles syrup Broccoli-Cauliflower Blend Fruit / Milk	29 Taco Salad Mounds of Tortilla Chips Topped with seasoned beef, chopped lettuce, diced tomato, jalapenos & Cheese~ Bean Salad Served with Salsa & Sour Cream Fruit / Milk	30 Chicken, Bacon, Ranch Pasta Peas & Carrots Fruit / Milk	31 Hamburger Gravy Served over Mashed Potatoes Corn Fruit / Milk	Have you Checked our The Country Cupboard lately? Stop by, so many great things for you and NO CHARGE for anyone!! For all students at all grade levels! See Mrs Mackey

Students MUST take at least 3 of the offered meal components and one must be a fruit. This is required by the USDA to participate in the National School Lunch Program

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Parents - please sign up and prepay your student's meal account at www.myschoolbucks.com