

# January 2018

## JR/SR High School



Breakfast	7:30 – 8:00		Lunch	
	Reduced	Paid	Reduced	Paid
Student	FREE	FREE	FREE	FREE
Adults		\$2.40		\$3.80

**MENU SUBJECT TO CHANGE**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

**HEALTH/FITNESS AWARENESS and DENTAL AWARENESS MONTH**



### Monday

Offered Daily  
Asst. Sandwiches  
Asst. Salads  
Asst. Fresh Fruit  
Asst. 100% Fruit Juice

1

### Tuesday

Cheeseburger  
V: Veggie Burger  
Baked Beans  
Fresh Fruit Salad  
French Fries, Asst. Milk  
Soup: Vegetable

2

### Wednesday

BBQ Chicken Quesadilla  
V: Cheese Quesadilla  
Broccoli  
Mixed Fruit  
Asst. Milk, Hash Brown  
Soup: Buffalo Chicken Chowder

3

### Thursday

Spaghetti w/ Meatballs  
V: Ziti w/ Alfredo Sauce  
Corn  
Mixed Fruit  
Asst. Milk  
Soup: Chicken & Rice

4

### Friday

Mozzarella Cheese Sticks w/ Sauce  
Baked Cookie  
Toss Salad  
Fresh Cantaloupe, Asst. Milk  
Soup: Beef Barley

5

Chicken Patty on a Roll  
V: Fish on a Roll  
Green Beans  
Mixed Fruit  
Asst. Milk, French Fries  
Soup: Chicken Noodle

8

Turkey Club Wrap  
V: Roasted Veg. Wrap  
Vegetarian Beans  
Pears  
Asst. Milk, Potato Rounds  
Soup: Vegetable

9

Lasagna  
V: Vegetable Lasagna  
Corn  
Apple sauce  
Asst. Milk  
Soup: Italian Wedding

10

Loaded Nachos w/Chili  
V: Cheese Nachos  
Salsa  
Peaches  
Asst. Milk  
Soup: Chicken & Rice

11

Pepperoni & Cheese Bread  
V: Cheese Bread  
Caesar Salad  
Fresh Fruit Salad  
Asst. Milk  
Soup: Beef Noodle

12

**NO SCHOOL**

15

Hot Dog on a Roll  
V: Fish Patty  
Corn  
Pears  
Asst. Milk, Potato Pancakes  
Soup: Vegetable

16

Tacos  
V: Fish Tacos  
Black Bean Salsa  
Peaches  
Asst. Milk  
Soup: Loaded Baked Potato

17

Macaroni & Cheese  
Broccoli  
Peaches  
Asst. Milk  
Soup: Chicken & Rice

18

**WRGB Ch. 6 & Fidelis Care**  
Steak Stir Fry w/ Rice  
V: Vegetable Stir Fry  
Carrots  
Orange Wedges, Asst. Milk  
Soup: Beef Barley

19

Chicken Nuggets w/ Lo mein  
V: Fish Nuggets  
Green Beans  
Mixed Fruit  
Asst. Milk  
Soup: Chicken Noodle

22

Ham & Cheese Croissant  
V: Cheese Croissant  
Tomato Soup & Carrots Sticks  
Pears  
Asst. Milk  
Soup: Vegetable

23

Sloppy Joe on a Roll  
V: Vegetarian Beans  
Peaches  
Asst. Milk  
Hash Brown  
Soup: New England Clam Chowder

24

Jerk Chicken w/ Rice & Beans  
V: Baked Fish  
Corn  
Apple Sauce  
Asst. Milk  
Soup: Chicken & Rice

25

Pepperoni Pizza  
V: Cheese Pizza  
Caesar Salad  
Fresh Fruit Salad  
Asst. Milk  
Soup: Beef Noodle

26

Steak Umm on a Roll  
V: Veggie Burger  
Vegetarian Beans  
Peaches  
Asst. Milk, French Fries  
Soup: Chicken Noodle

29

French Toast Sticks w/Turkey Sausage  
V: Falafel Patties  
Corn  
Apple Sauce, Asst. Milk  
Soup: Vegetable

30

Loaded Nachos w/Chili  
V: Cheese Nachos  
Salsa  
Peaches  
Asst. Milk  
Soup: Cream of Mushroom

31

