



Jr/Sr High Lunch Menu

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu item for Monday.

1
Happy New Year

2
Soft Shell Tacos
with Meat & Cheese
Salsa & Sour Cream
Refried Beans
Golden Corn

NY Thursday: 3
Roasted Chicken
Pieces
Stuffing & Green Beans

4
Italian Pepperoni
Roll w/Marinara
Sauce
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

7
Macaroni & Cheese
Whole Grain Roll
Crunchy Carrot
Coins

8
Italian Meatball Sub
Buttered Garlic
Noodles
Green Bean &
Tomato Salad

9
Ultimate Chicken
Bowl w/ Corn
Whole Grain Roll

10
Rotini w/
Homemade Meat
Sauce
Garlic Bread Stick
Roasted Broccoli

11
French Bread
Pizzas
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers

14
French Toast Sticks
Cheesy Eggs
Orange Glazed Carrot
Warmed Applesauce
w/Cinnamon

15
Loaded Nachos
with Meat & Cheese
Salsa & Sour Cream
Refried Beans
Golden Corn

16
Turkey, Bacon
Cheese Melt on a bagel
Crispy Tator Tots
Baked Beans

17
Chicken Cordon Blue
Crispy Chicken on
WG Roll, Sweet
Potato Fries
NY Milk, NY Apples

18
Assorted Classic
Pizzas
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers

No School
MLK DAY
I HAVE A DREAM
21

22
Bag Lunch
(Sandwich, chips,
carrots, fruit, and Milk)
Regents

23
Bag Lunch
(Sandwich, chips,
carrots, fruit, and
Milk)
Regents

NY Thursday:
24
Bag Lunch
(Sandwich, chips,
carrots, fruit, and Milk)
NY Milk, NY Apples
Regents

25
Bag Lunch
(Sandwich, chips,
carrots, fruit, and Milk)
Regents

28
Toasty Grilled
Sandwich
Tomato Soup
Cut Green Beans

29
BBQ Pulled Pork
On a Bun
French Fries
Coleslaw

30
Hot Dog or Cheesy
Dog on Bun
Home-style Baked
Beans

NY Thursday:
31
NY Hamburger or
Cheeseburger on WG
Roll, Seasoned Potato
Wedges,
NY Milk, NY Apples

Blank menu item for Friday.

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry
(when available)

Daily Choices:

Chicken Patty on Bun
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
NY Yogurt Parfait
NY Yogurt Plate

Meal Prices

Breakfast will be served at NO COST to students for the 18/19 school year!
Lunch for grades 7th-12th is \$2.00

"USDA is an equal opportunity provider and employer"
Menu subject to change without notice.