





**High School Grades 9-12 Lunch Menu
January/February 2018**

| | Monday 1/8 | Tuesday 1/9 | Wednesday 1/10 | Thursday 1/11 | Friday 1/12 |
|--------------------------|--|--|---|---|--|
| Entrée – choose 1 | *Chicken Patty on Bun (34g) *Turkey Sausage Pizza (36g) *Sloppy Joe on Bun (36g) | *Philly Steak & Cheese Sub (33g) *Buffalo Chicken Grab Wraps (40g) *Lasagna (34g) & Breadstick (17g) | *Chicken Enchilada Dip with Tortilla Chips (31g) & Cornbread (29g) *Pepperoni Pizza (35g) *Turkey & Cheese Melt (31g) | *Hot Italian Sub (30g) *Cheesy Chicken Crunch Wrap (57g) **Veggie Burger (40g) or Cheeseburger on Bun (27g) | *Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili Cheese Coney (31g) |
| | COLD ENTREES *Italian Sub (30g) **Egg Combo Box (34-59g) | COLD ENTREES *Turkey & Cheese Sub (29g) **Vegetarian Salad (22g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES **Vegetarian Sub (40g) *Chef Salad (25g) & Breadstick (17g) | COLD ENTREES *Regular (43g) or Spicy Chicken Wrap (43g) *Cobb Salad (20g) & Cornbread (29g) |
| Choose 1 or more | *Collard Greens (4g) | *Steamed Broccoli (2g) **Garbanzo beans (20g) | *Corn (17g) *Hot Apple Slices (20g) | *Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) | **Baked Beans (28g) |

WEEK 1

| | Monday 1/15 | Tuesday 1/16 | Wednesday 1/17 | Thursday 1/18 | Friday 1/19 |
|--------------------------|---|--|--|---|--|
| Entrée – choose 1 | | *Salisbury Steak Ciabatta (39g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Spicy Chicken Patty on Bun (34g) *Pepperoni Pizza (35g) *Taco Salad with Tortilla Chips (27g) & Cornbread (29g) |  *Ohio Day Turkey with Gravy (2g) *Cheeseburger on Bun (26g) **Toasted Cheese Sandwich (32g) | *Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (55g) |
| | Martin Luther King Day – NO SCHOOL | COLD ENTREES *BBQ Chicken Wrap (49g) *Cobb Salad (20g) & Muffin (26-28g) | COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES **Vegetarian Sub (40g) *Italian Salad (10g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Wrap (36g) *Chef Salad (25g) & Breadstick (17g) |
| Choose 1 or more | | *Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g) | **Black beans (22g) *Corn (17g) |  *Sweet Potatoes (36g) *Steamed Broccoli (2g) | *Mixed Vegetables – corn, peas, carrots, green beans, & lima beans (9g) *Hot Peach Slices (28g) |

WEEK 2

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 1/11/2018



**High School Grades 9-12 Lunch Menu
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| | Monday 1/22 | Tuesday 1/23 | Wednesday 1/24 | Thursday 1/25 | Friday 1/26 |
|--------------------------|--|---|------------------|--|---|
| Entrée – choose 1 | **Veggie Burger (40g) or Hamburger on Bun (25g) *Beef Enchilada Dip with Tortilla Chips (34g) & Cornbread (29g) *Buffalo Chicken Pizza (36g) | **Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g) | | *Nacho Burger on Bun (26g) *Turkey Divan (33g) & Breadstick (17g) *BBQ Chicken on Bun (34g) | *Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili with Tortilla Chips (44g) & Cornbread (29g) |
| | COLD ENTREES *Italian Sub (30g) *Cobb Salad (20g) & Muffin (26-28g) | COLD ENTREES *Turkey & Cheese Wrap (35g) *Egg Combo Box (34-59g) | NO SCHOOL | COLD ENTREES **Vegetarian Sub (40g) *Crispy Chicken Salad (27g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Sub (31g) *Chef Salad (25g) & Cornbread (29g) |
| Choose 1 or more | *Collard Greens (4g) **Black beans (22g) | *Potato of Choice (14-37g) *Green Beans (5g) | | *Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g) | *Steamed Broccoli (2g) |

WEEK 3

| | Monday 1/29 | Tuesday 1/30 | Wednesday 1/31 | Thursday 2/1 | Friday 2/2 |
|--------------------------|--|--|---|--|--|
| Entrée – choose 1 | *Taco Salad with Tortilla Chips (24g) & Cornbread (27g) *Meatball Sub (44g) *Pepperoni Pizza (35g) | *Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Panini (42g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (58g) | *Cheeseburger on Bun (26g) **Cheese Pizza (36g) *Chicken Fajita (39g) | **Cheese & Bean Enchilada (42g) *Buffalo Chicken Drumstick & Waffles (36g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g) | *Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken a la King over Rice (33g) & Breadstick (17g) |
| | COLD ENTREES *Italian Sub (30g) **Vegetarian Salad (22g) & Cornbread (29g) | COLD ENTREES **Vegetarian Sub (40g) *Cobb Salad (20g) & Breadstick (17g) | COLD ENTREES *BBQ Chicken Wrap (49g) **Yogurt Parfait (72-91g) & Muffin (26-28g) | COLD ENTREES *Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g) | COLD ENTREES *Turkey Ham & Cheese Wrap (36g) *Crispy Chicken Salad (27g) & Breadstick (17g) |
| Choose 1 or more | *Corn (17g) **Black beans (22g) | *Potato of Choice (14-37g) *Green Beans (5g) | *Steamed Cabbage (3g) | *Steamed Broccoli (2g) | *Italian Mixed Vegetables – zucchini, carrot, cauliflower, Italian green beans & lima beans (5g) |

WEEK 4

A selection of fruits & vegetables (such as fresh lettuce, tomato, broccoli, and carrots), and 1% low fat white milk (13g) or fat-free chocolate milk (24g) offered for school lunch. A complete meal is free for all students under the Community Eligibility Provision. Grams of carbohydrate in each food listed in parenthesis (g). Nutrient content and ingredients are available upon request. **Meatless food item is available at lunch daily. No pork or seafood offered. Menu subject to change. This institution is an equal opportunity provider. Revised 1/11/2018