




**High School Grades 9-12 Lunch Menu
January/February 2019**

	Lean & Green Monday 1/7	Tuesday 1/8	Wednesday 1/9	Thursday 1/10	Friday 1/11
Entrée – choose 1	**Cheesy Crescent Roll (33g) **Amazing Lo Mein w/ Beans (63g) or w/ Eggs (43g) & Cornbread (29g) **Cheese & Bean Enchilada (42g)	*Southwest Burger on Bun (26g) *Chicken and Cheese Taquitos (30g) *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 (56g) **Veggie Burger (39g) or Cheeseburger on Bun (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chili Cheese Coney (31g)
	COLD ENTREES **Egg Salad on Croissant (32g) **Cottage Cheese (6g) + Muffin (26-28g) + Fruit	COLD ENTREES *Turkey & Cheese Sub (29g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	COLD ENTREES *Turkey Ham & Cheese Sub (31g) **Super Garden Salad (13g) & Breadstick (17g)	COLD ENTREES *Italian Sub (30g) **Egg Combo (34-59g)	COLD ENTREES *Regular (44g) or Spicy Chicken Wrap (42g) *Cobb Salad (12g) & Cornbread (29g)
Choose 1 or more	*Steamed Broccoli (2g)	*Collard Greens (4g) **Garbanzo beans (20g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *Edamame Medley – edamame, corn, carrots, & red peppers (8g)	**Baked Beans (28g)

WEEK 1

	Lean & Green Monday 1/14	Tuesday 1/15	Wednesday 1/16	Thursday 1/17	Friday 1/18
Entrée – choose 1	**Chili Cheese Wrap (37g) **Toasted Cheese Sandwich (32g) **French Toast Sticks with Egg (59g)	*Salisbury Steak on Bun (34g) *Turkey Corn Dog (30g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (37g)		 *Ohio Day Turkey with Gravy (2g) *Sweet-n-Sour Chicken over Rice (44g) & Cornbread (29g) **Toasted Cheese Sandwich (32g)	*Chicken Tenders (12g) & Breadstick (17g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Cheese and Chicken Burrito (53g)
	COLD ENTREES **Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Muffin (26-28g)	COLD ENTREES *BBQ Chicken Wrap (47g) *Cobb Salad (12g) & Muffin (26-28g)	NO SCHOOL	COLD ENTREES **Veg Out Sub (40g) *Italian Salad (10g) & Breadstick (17g)	COLD ENTREES *Turkey Ham & Cheese Wrap (36g) *Chef Salad (17g) & Breadstick (17g)
Choose 1 or more	*Green Beans (5g) *Tomato Soup (15g) and Saltines (19g)	*Mashed Potatoes with Gravy (23g) *Brussels Sprouts (7g)		**Potato of Choice (14-37g) *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 12/6/2018



	Monday 1/21	Tuesday 1/22	Wednesday 1/23	Thursday 1/24	Friday 1/25
Entrée – choose 1		**Cheese & Bean Enchilada (42g) **Macaroni-n-Cheese (25g) & Cornbread (29g) *Chicken Patty on Bun (34g)	*Philly Steak & Cheese Sub (33g) *Fiestada Pizza (43g) *Turkey Sausage & French Toast Sticks (58g)	*Hamburger on Bun (25g) *Turkey Divan (33g) & Cornbread (29g) *Hot & Spicy Chicken Drumstick (6g) & Biscuit (27g)	*Spicy Chicken Tenders (9g) & Cornbread (29g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Fiesta Nachos (36g)
	MARTIN LUTHER KING, JR. DAY NO SCHOOL	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	*Turkey & Cheese Wrap (36g) **Egg Combo (34-59g)	*Regular (44g) or Spicy Chicken Wrap (42g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	**Veg Out Sub (40g) *Crispy Chicken Salad (27g) & Cornbread (29g)	*Turkey Ham & Cheese Sub (31g) *Chef Salad (17g) & Cornbread (29g)	
Choose 1 or more		*Potato of Choice (14-37g) *Collard Greens (4g)	*Corn (17g) *Hot Apple Slices (20g)	*Potato of Choice (14-37g) *California Mixed Vegetables – broccoli, carrots, & cauliflower (3g)	*Steamed Broccoli (2g)

WEEK 3

	Lean & Green Monday 1/28	Tuesday 1/29	Wednesday 1/30	Thursday 1/31	Friday 2/1
Entrée – choose 1	**Cheese Pizza (35g) **Pro Bean Chili (30g) & 2 Cornbread (58g) ** Veggie Burger on Bun with BBQ (44g) or with Cheese (40g)	*Chicken Nuggets (15g) & Breadstick (17g) *BBQ Beef Rib Sub (40g) **Cheese Stuffed Breadsticks with Spaghetti Sauce (48g)	*Cheeseburger on Bun (26g) *Pepperoni Pizza (35g) *Sloppy Joe on Bun (36g)	**Cheese & Bean Burrito (40g) *Chicken Drumstick & Waffle (34g) *Spaghetti with Meat Sauce (34g) & Breadstick (17g)	*Hamburger on Bun (25g) **Veggie Pizza (43g) or Cheese Pizza (35g) *Chicken Fajita (39g)
	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES	COLD ENTREES
	**Sun Butter Grab-n-Go (71-77g) **Super Garden Salad (13g) & Cornbread (29g)	**Veg Out Sub (40g) *Cobb Salad (12g) & Breadstick (17g)	*BBQ Chicken Wrap (47g) **Yogurt Parfait (72-91g) & Muffin (26-28g)	*Turkey & Cheese Sub (29g) *Italian Salad (10g) & Breadstick (17g)	*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 12/6/2018