

High School January – March 2019 Menu

Week 1
1/14/19
1/28
2/11
2/25
3/11

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				
<p>Breakfast</p> <p>French Toast & Sausage, Egg & Chorizo wrap, Mini Donuts, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Home-Style Chicken Bowl, Nachos with homemade chili, Pizza variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Sausage/Egg & cheese biscuit, Maple Wrapped Sausages Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Assorted Cereals</p> <p>Lunch</p> <p>Philly Cheesesteak Sandwich Salad, Bosco Cheese Sticks with Marinara sauce, Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Egg & Chorizo wrap, French Toast & sausage, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Asian Bowl (Teriyaki or orange chicken over rice and Asian vegetables), Vegetable egg rolls with rice and Asian vegetables, Pho Soup Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Sausage/Egg & Cheese biscuit, Pancakes & Sausage, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Assorted Cereals</p> <p>Lunch</p> <p>Enchiladas (chicken or cheese) with rice & beans, Bean & Cheese Burrito with rice, Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Scrambled eggs/bacon with Biscuit, Cinnamon Roll, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Spaghetti in a homemade meat sauce with a Garlic Bread, 5 cheese lasagna roll up with roll, Pesto Chicken Sandwich, Tortilla Soup, Pizza Variety, Grab-n-Go, Salad Bar</p>

Week 2
1/7/19
1/21
2/4
2/18
3/4
3/18

Monday	Tuesday	Wednesday	Thursday	Friday
Week 2				
<p>Breakfast</p> <p>French Toast & Sausage, Egg & Chorizo wrap, Mini Donuts, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Meatloaf with Mashed Potatoes, Nachos with homemade chili, Pizza variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Sausage/Egg & cheese biscuit, Maple Wrapped Sausages Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Assorted Cereals</p> <p>Lunch</p> <p>Pulled Pork Sandwich & Coleslaw, Grilled Cheese, Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Egg & Chorizo wrap, French Toast & sausage, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Teriyaki Beef Dunkers over rice, Cheese Pizza Crunchers, Pho Soup, Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Sausage/Egg & Cheese biscuit, Pancakes & Sausage, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Assorted Cereals</p> <p>Lunch</p> <p>Tostadas with beans, Lil Nacho Bites, Pizza Variety, Grab-n-Go, Salad Bar</p>	<p>Breakfast</p> <p>Scrambled eggs/bacon with Biscuit, Cinnamon Roll, Breakfast Pizza, Fruit & Yogurt Parfait, Cinni Mini & string cheese, PB&J, Bagel & Cream Cheese, Assorted Cereals</p> <p>Lunch</p> <p>Chicken Alfredo with a Whole Wheat Roll, Cheese Raviolis, Pesto Chicken Sandwich, Tortilla Soup, Pizza Variety, Grab-n-Go, Salad Bar</p>

Fresh Fruit/Vegetable Salad Bar				
Monday	Tuesday	Wednesday	Thursday	Friday
Spring Salad Mix Broccoli Tomatoes Celery/Jicama Jalapenos Fresh Fruit	Spring Salad Mix Broccoli Tomatoes Celery/Jicama Beans Fresh Fruit	Spring Salad Mix Broccoli Tomatoes Celery/Jicama Fresh Fruit	Spring Salad Mix Broccoli Tomatoes Celery/Jicama Jalapenos Fresh Fruit	Spring Salad Mix Broccoli Tomatoes Celery/Jicama Fresh Fruit

1% White Milk and Non-fat Chocolate Milk sold as part of a meal.

Grab-n-Go May Include:		Entrée Salads May Include:
<ul style="list-style-type: none"> Hamburger Cheeseburger Chicken Burger Spicy Chicken Burger Garden Burger PB&J 	<ul style="list-style-type: none"> Spicy Chicken Tenders Sandwich Wraps Sandwiches Tornados (only sold Ala Carte) 	<ul style="list-style-type: none"> Chef Salad Southwestern Salad Chicken Caesar

For Lunch Must Choose 3 Food Components:	Prices
1 Entrée (2 Components)	Paid Breakfast \$1.75
1 Fruit (1 Component) *1 item MUST be ½ cup Fruit or	Reduced Breakfast \$0.25
1 Vegetable (1 Component)	Paid Lunch \$3.00
1 Milk (1 Component)	Reduced Lunch \$.40

This institution is an Equal Opportunity Provider
Menu items subject to change/substitution