

**January Menu**

*District Menu for All Elementary, Middle & High Schools*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6
	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Chicken Wraps Lettuce &amp; Tomatoes Baked Potato Wedges Mixed Fruit</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Beef Taco Supreme Tossed Salad Seasoned Corn Deluxe Fruit Salad</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Fruit Frudel</p> <p><b>Lunch</b> Grilled Chicken Sandwich Waffle Fries Baby Carrots w/ ranch dip Red Delicious Apple</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Baked Cinnamon Roll</p> <p><b>Lunch</b> Salisbury Steak Rice &amp; Gravy Green Bean Casserole Texas Toast Glazed Banana &amp; Strawberries</p> <p><b>Fresh Express</b> Manager's Choice</p>
9	10	11	12	13
<p><b>Breakfast</b> Yogurt &amp; Graham Crackers</p> <p><b>Lunch</b> Smoked Sausage Spanish Rice Green Beans Cornbread Fruit Mix</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Pizzata Italian Pasta Salad Broccoli Flowerets w/ ranch Sliced Peaches</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Waffle</p> <p><b>Lunch</b> BBQ Diced Chicken Steamed Rice Corn on the Cobb Banana Slices in Juice</p> <p><b>Fresh Express</b> Manager's Choice</p>	<b>Student Holiday</b>	<b>Student Holiday</b>
16	17	18	19	20
<b>Student Holiday</b>	<p><b>Breakfast</b> Iced Cinnamon Raisin Biscuit</p> <p><b>Lunch</b> Oven Roasted Chicken Rice Pilaf Butter Beans Mixed Fruit Bread Stick</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Sausage Biscuit</p> <p><b>Lunch</b> Spaghetti with Meat Sauce Cucumber Tomato Salad Peas &amp; Carrots Warm Cinnamon Roll Rosy Applesauce</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Pancakes</p> <p><b>Lunch</b> Cheeseburger on a bun Lettuce, Tomato &amp; Pickle Chips Seasoned Corn Diced Pears in Lime Jell-O</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Ham &amp; Cheese Sandwich Vegetable Soup Baby Carrots w/ ranch Orange Wedges</p> <p><b>Fresh Express</b> Manager's Choice</p>
23	24	25	26	27
<p><b>Breakfast</b> Muffin &amp; Sausage Link</p> <p><b>Lunch</b> Chicken Rings Mashed Potatoes w/gravy Green Beans Biscuit Cinnamon Baked Apples</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Pancake Pup</p> <p><b>Lunch</b> Hot Dog w/chili Baked Beans Cole Slaw Fruit Parfait</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Morning Sausage Roll</p> <p><b>Lunch</b> Taco Salad Lettuce &amp; Diced Tomato Cheese &amp; Salsa Seasoned Corn Orange Wedges</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Manager's Choice</p> <p><b>Lunch</b> Manager's Choice</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Chicken Biscuit</p> <p><b>Lunch</b> Homemade Lasagna California Veggie Blend Cucumber Coins w/ ranch dip Garlic Toast Chilled Peaches</p> <p><b>Fresh Express</b> Manager's Choice</p>
30	31			
<p><b>Breakfast</b> Triple Berry Mini French Toast</p> <p><b>Lunch</b> Corn Dog Bites Macaroni &amp; Cheese Sweet Peas Blushing Pears</p> <p><b>Fresh Express</b> Manager's Choice</p>	<p><b>Breakfast</b> Breakfast Pizza</p> <p><b>Lunch</b> Fajita Chicken Wraps Baked Potato Wedges Red Seedless Grapes</p> <p><b>Fresh Express</b> Manager's Choice</p>			

Milk is offered daily at breakfast and lunch. Cereal is offered daily at breakfast. Fresh Fruit is available daily. 100% Fruit Juice is offered daily at breakfast and lunch. "Fresh Express" Options are available daily upon request. See "Secondary Lunch Line" for additional menu for Middle & High Schools.

**Additional Lunch Options:** One of these options is available daily - see Manager for details.

**Fresh Express Options**

*Low Fat Options for All Elementary, Middle & High Schools*

<p><b><u>Lunch</u></b> Pretzel &amp; Cheese Stick Yogurt Carrot Raisin Salad Mixed Fruit</p>	<p><b><u>Lunch</u></b> Turkey on Whole Wheat Deli Thin bun Veggie &amp; Pasta Salad Mixed Fruit</p>	<p><b><u>Lunch</u></b> Oriental Salad w/ Teriyaki Chicken &amp; Mandarin Oranges Fruit</p>	<p><b><u>Lunch</u></b> Southwestern Chicken Wrap Lettuce &amp; Salsa Cucumber Coins w/ ranch sauce</p>	<p><b><u>Lunch</u></b> Caesar Salad Fruit</p>
<p><b><u>Lunch</u></b> Turkey Croissant Lettuce &amp; Sliced Tomatoes Broccoli Salad Mixed Fruit</p>	<p><b><u>Lunch</u></b> Chicken Salad Pita Pocket Veggie &amp; Pasta Salad Mixed Fruit</p>	<p><b><u>Lunch</u></b> Santa Fe Salad w/ Southwestern Chicken Fruit</p>	<p><b><u>Lunch</u></b> Chicken Fajita Wrap W/ peppers &amp; Onions Baby Carrots w/ ranch sauce Mixed Fruit</p>	<p><b><u>Lunch</u></b> Chef Salad w/ diced Ham Fruit</p>

*All Dressings and Condiments are low fat.*

**Secondary Lunch Line Options**

*Additional Lunch Menu for Middle & High Schools*

<p><b><u>Lunch</u></b> Chili Cheese Nachos Mixed veggies Spring Salad w/ dressing Orange Wedges</p>	<p><b><u>Lunch</u></b> Swedish Meatballs over Buttered Noodles Seasoned Corn Dinner Roll Choice of Fruit</p>	<p><b><u>Lunch</u></b> BBQ Riblet Sub Tater Tots Green Beans Red Seedless Grapes</p>	<p><b><u>Lunch</u></b> Fish Basket Onion Rings Coleslaw Hushpuppies Spiced Cinnamon Apples</p>	<p><b><u>Lunch</u></b> Baked Potato w/ Diced Ham &amp; Cheese Steamed Broccoli Bread Stick Fresh Pear</p>
<p><b><u>Lunch</u></b> Roast Beef Sandwich Seasoned Potato Wedges Rosy Applesauce</p>	<p><b><u>Lunch</u></b> Egg Roll w/Veg. Fried Rice Broccoli w/Cheese Sauce Dinner Roll Mandarin Oranges</p>	<p><b><u>Lunch</u></b> Pizzata Pocket Tossed Salad w/ Italian dressing Mixed Veggies Sliced Peaches</p>	<p><b><u>Lunch</u></b> Sausage Dog Sautéed Peppers &amp; Onions Seasoned Potato Wedges Fresh Banana</p>	<p><b><u>Lunch</u></b> Breaded Pork Chop Rice Pilaf Green Beans Dinner Roll Fresh Apple</p>
<p><b><u>Lunch</u></b> Italian Meatball Hoagie Pasta Salad w/ veggies Seasoned Corn Fresh Fruit Cup</p>	<p><b><u>Lunch</u></b> Chicken Alfredo California Veggies Bread Stick Raisins</p>	<p><b><u>Lunch</u></b> Baked Ham Sweet Potatoes Field Peas w/ snaps Dinner Roll Pineapple Tidbits</p>	<p><b><u>Lunch</u></b> BBQ Chicken Macaroni Salad Green Bean Casserole Dinner Roll Mixed Fruit</p>	<p><b><u>Lunch</u></b> Sloppy Joe Sandwich Baked Tater Tots Sweet Peas Rosy Applesauce</p>
<p><b><u>Lunch</u></b> Chicken &amp; Cheese Quesadilla Refried Beans w/Salsa Spring Salad Chilled Pears</p>	<p><b><u>Lunch</u></b> Popcorn Chicken Cream Potatoes Green Beans Dinner Roll Fruit</p>	<p><b><u>Lunch</u></b> Philly Cheese Steak Sub Sautéed Onions &amp; Peppers Baked Potato Wedges Orange Wedges</p>	<p><b><u>Lunch</u></b> Manager's Choice</p>	<p><b><u>Lunch</u></b> Pizza Dippers w/ marinara Mixed Veggies Fruit Cup</p>

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