

Made-from-scratch, wholesome meals

Produce fresh from local, organic farms where possible

Meets and exceeds USDA School Meal requirements

Meals crafted by true chefs & nutrition experts



FRESH
FOOD
FACTOR

Choice of 1% White Milk or Non Fat Chocolate Milk Served Daily With All Lunches

January High School Lunch Menu

Fresh Fruit Served Daily With All Lunches		1 No School	2 No School	3 <i>No School</i>
6 No School	7 Chili w/ Cheese, Fritos Chicken Ranch Sandwich Hot Dog w/ Chili <i>Steamed Corn, Sour Cream, WG Biscuit</i>	8 Oven Fried Chicken, WG Biscuit Pepperoni Pizza Chicken Ranch Wrap <i>Tator Tots, Steamed Broccoli</i>	9 Turkey Tacos Honey Mustard Chicken Sandwich Meatball Sub on Ciabatta <i>Cheese, Lettuce, Steamed Corn, Salsa, Mexican Rice</i>	10 Hot Dog w/ Chili Turkey and Cheese on Ciabatta Southwest Salad <i>French Fries w/ Ketchup</i>
13 Meatball Marinara Ciabatta Chicken Ranch Sandwich <i>Baked Potato w/ Chili & Sour Cream</i> <i>Seasoned Corn</i>	14 Chicken Tenders Turkey & Cheese Panini Garden Salad w/ Ham <i>Potato Wedges w/ Ketchup, Baby Carrots w/ Ranch Dressing, WG Biscuit</i>	15 BBQ Chicken Thigh, Mac and Cheese Hamburger w/ Lettuce, Tom & Pickles Hot Dog w/Chili <i>BBQ Baked Beans, Seasoned Green Beans, WG Biscuit</i>	16 Spaghetti and Meat Sauce, Garlic Bread Honey Mustard Chicken Sandwich Chicken Parm Panini <i>Steamed Broccoli</i>	17 <i>Gumbo w/ Chicken and Turkey Sausage</i> Pepperoni Pizza <i>Buffalo Chicken Wrapi</i> <i>Brown Rice, Mixed Salad w/ Tomatoes, Italian Dressing, Crackers</i>
20 No School	21 Hamburger Turkey and Cheese Panini Chicken Ranch Wrap <i>Lettuce, Tomato, Pickle, French Fries, Ketchup, Steamed Broccoli</i>	22 Herb Roasted Chicken w/ Brown Rice and Gravy, WG Biscuit Hamburger, Lettuce, Tomato, Pickle Hot dog w/ Chili and Cheese <i>Seasoned Peas, Mixed Salad w/ Carrots, Italian Dressing</i>	23 Cheese Pizza Turkey and Cheese on Ciabatta Southwest Salad <i>Mixed Salad w/ Carrots, Italian Dressing, Steamed Corn</i>	24 Lasagna w/ Garlic Breadstick, Pepperoni Pizza Chicken Caesar Salad <i>Seasoned Green Beans</i>
27 Red Beans and Rice, Cornbread Cheese Pizza California Salad <i>Baby Carrots w/ Ranch Dressing</i>	28 Spaghetti and Meatballs, Garlic Bread Stick Honey Mustard Chicken Sandwich Chicken Salad Sandwich <i>Steamed Corn, Green Beans</i>	29 Salisbury Steak w/ Onion Gravy, Brown Rice, Biscuit Cheese Burger Chicken Ranch Wrap <i>Seasoned Green Beans, Steamed Broccoli,</i>	30 Cheeseburger Mac Hamburger w/ Lettuce, Tom & Pickles Hot Dog w/Chili <i>Carrots w/ Ranch Dressing, Steamed Corn</i>	31 Pepperoni Pizza, Turkey and Cheese on Ciabatta Southwest Salad <i>Mixed Salad w/ Carrots, Italian Dressing, Steamed Corn</i>

