



JANUARY 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	PIZZA PARTY
Winter Recess 2			New York Thursday 5	
Crispy Chicken Tenders Dipping Sauce Cup Toasty Bread Stick <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Marinated Green Beans	100% Beef Hamburger Sliders Deluxe Toppings Teriyaki Chicken Sliders <u>Eat Your Colors</u> French Fries <u>Salad Bar</u> Fresh Cilantro Slaw	Chicken Dumplings with Asian Sesame Dressing Vegetable Fried Rice <u>Eat Your Colors</u> Garlicky Green Beans <u>Salad Bar</u> Spring Mix Salad	Macaroni and Cheese NY Soft Pretzel <u>Eat Your Colors</u> Kale Salad <u>Salad Bar</u> Caesar Salad NY Apples	Pizza Slice Sausage Pizza Mozzarella Stick Marinara Sauce <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Greek Zucchini Salad
9	10	11	New York Thursday 12	13
Popcorn Chicken Dipping Sauce Cup Rold Gold® Hertzels <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Confetti Corn Salad	100% Beef Hamburger Sliders Deluxe Toppings Fish & Cheese Sandwich <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Ranch Carrot Snacker	Spinach & Cheese Ravioli In Marinara Sauce Toasty Bread Stick <u>Eat Your Colors</u> Vegetable Stir Fry <u>Salad Bar</u> Celery & Apple Salad	Deli Sandwiches Italian Hero Cookie Treat <u>Eat Your Colors</u> Broccoli Trees <u>Salad Bar</u> Caesar Salad Apple Slices	Pizza Slice Bruschetta Pizza Mozzarella Sticks Marinara Sauce <u>Eat Your Colors</u> Chick Pea Salad <u>Salad Bar</u> Broccoli and Cranberry Salad
Martin Luther King Jr. 16	17	18	New York Thursday 19	20
Crispy Chicken Tenders Dipping Sauce Cup Frito-Lay® SunChips® <u>Eat Your Colors</u> Fresh Cilantro Slaw <u>Salad Bar</u> Sliced Cucumbers	Turkey Burger Deluxe Toppings Sriracha Chicken Sliders <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Spring Mix Salad	Latin Pasta Bowl Dinner Roll Steak and Cheese Empanada <u>Eat Your Colors</u> Spinach <u>Salad Bar</u> Greek Zucchini Salad	100% New York Beef Cheeseburger Deluxe Toppings <u>Eat Your Colors</u> New York French Fries <u>Salad Bar</u> Fresh Cilantro Slaw Apple Slices	Pizza Slice Pineapple & Ham Pizza Mozzarella Sticks Marinara Sauce <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Carrot & Lemon Salad
23	24	25	New York Thursday 26	27
Crispy Chicken Sandwich Deluxe Toppings Dipping Sauce Cup <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Italian Classico Salad	100% Beef Cheeseburger Sliders Deluxe Toppings Fish & Cheese Sandwich <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Marinated Green Beans	Korean BBQ Roasted Chicken Long Grain Brown Rice <u>Eat Your Colors</u> Egg Roll With Duck sauce <u>Salad Bar</u> Asian Red Cabbage Slaw	Jamaican Patty Frito-Lay® SunChips® <u>Eat Your Colors</u> Kale Salad <u>Salad Bar</u> Spring Mix Salad NY Apples	Pizza Slice Chicken Ranch Pizza Mozzarella Sticks Marinara Sauce <u>Eat Your Colors</u> Seasoned Black Beans <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad
30	31			
Crispy Chicken Tenders Dipping Sauce Cup Toasty Bread Stick <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Ranch Carrot Snacker	100% Beef Cheeseburger Deluxe Toppings Teriyaki Chicken Sliders <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Marinated Vegetable Salad		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches, Hummus & Pretzel Grab & Go
 Flavor Station(on Pizza and Pasta days): Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano
 Dipping Sauce Cups: BBQ, Honey Mustard, Ranch
 Condiments: Ketchup, Mustard, Mayonnaise, Hot Sauce
 Dressings: Asian Sesame, Balsamic Vinaigrette, Caesar, Chipotle Ranch, Ranch, French, Honey Mustard, Italian Vinaigrette

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MENUS ARE SUBJECT TO CHANGE