



JANUARY 2018: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	PIZZA PARTY
Winter Recess 1	2	3	New York Thursday 4	5
Popcorn Chicken Dipping Sauce Cup Mac-N-Cheese Sweet Potato Wedge Fries Brooklyn Baked Beans <u>Salad Bar</u> Green Garden Salad	100% Beef Hamburgers & Cheeseburgers Fish & Cheese Sandwich Burgers served with Lettuce, Tomato & New York Onion French Fries <u>Salad Bar</u> Greek Zucchini Salad	<u>Brunch</u> Canadian Bacon, Egg & Cheese on a Bagel Mozzarella Sticks Marinara Sauce Home Fries Garlicky Green Beans <u>Salad Bar</u> Spinach & Cranberry Salad	Steamed Chicken Dumplings with Asian Dipping Sauce Vegetable Fried Brown Rice Egg Roll with Duck Sauce <u>Salad Bar</u> Asian Slaw Fresh New York Apples	Classic Cheese Pizza Pizza Supreme Sausage, Onions & Peppers Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
8	9	10	New York Thursday 11	12
Popcorn Chicken Dipping Sauce Cup Warm Dinner Roll Parmigiana Roasted Cauliflower <u>Salad Bar</u> Broccoli and Cranberry Salad	100% Beef Hamburgers & Cheeseburgers Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Waffle Fries <u>Salad Bar</u> Carrot & Lemon Salad	Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce, Cheese & Taco Sauce Baked! Tostitos® Scoops® Brown Rice Classic Grilled Cheese Sofrito Seasoned Pinto Beans <u>Salad Bar</u> Fresh Cilantro Slaw	Classic Tuna on Ciabatta Bread Mozzarella Sticks Marinara Sauce New York Cookie Treat French Fries <u>Salad Bar</u> Kale Salad Fresh New York Apples	Classic Cheese Pizza Meat Lovers Pizza Bacon & Sausage Teriyaki Chicken Sliders Garlic Knot Green Garden Salad <u>Salad Bar</u> Italian Marinated Cucumber Salad
Martin Luther King Day 15	16	17	New York Thursday 18	19
Crispy Chicken Waffle Sandwich served with syrup Garlic Toast Roasted Zucchini <u>Salad Bar</u> Italian Classico Salad	100% Beef Hot & Spicy Cheeseburgers Turkey Burger Burgers served with Lettuce Tomato & New York Onion Frito-Lay® SunChips® Orange Glazed Carrots <u>Salad Bar</u> Caesar Salad	"Super Chef" Shepherd's Pie A Delicious Blend of Mashed Potatoes, Turkey, & Cheese Warm Dinner Roll Broccoli Trees <u>Salad Bar</u> Confetti Corn Salad	Jamaican Beef Patty Mozzarella Sticks Marinara Sauce New York Hot Pretzel "Party Fries" <u>Salad Bar</u> Celery & Apple Salad New York Apple Slices	Classic Cheese Pizza Bruschetta Pizza Fresh Tomatoes & Onions Chickpea Salad Hot Confetti Corn <u>Salad Bar</u> Roasted Broccoli & Cauliflower Salad
22	23	24	New York Thursday 25	26
Popcorn Chicken Dipping Sauce Cup Mac-N-Cheese Sweet Potato Wedge Fries Brooklyn Baked Beans <u>Salad Bar</u> Green Garden Salad	Steamed Chicken Dumplings with Asian Dipping Sauce Vegetable Fried Brown Rice Egg Roll with Duck Sauce <u>Salad Bar</u> Asian Slaw	<u>Brunch</u> Canadian Bacon, Egg & Cheese on a Bagel Mozzarella Sticks Marinara Sauce Home Fries Garlicky Green Beans <u>Salad Bar</u> Spinach & Cranberry Salad	100% New York Beef Hamburgers & Cheeseburgers Fish & Cheese Sandwich Burgers served with Lettuce, Tomato & New York Onion New York French Fries <u>Salad Bar</u> Greek Zucchini Salad Fresh New York Apples	Classic Cheese Pizza Pizza Supreme Sausage, Onions & Peppers Kid Friendly Kale Salad <u>Salad Bar</u> Fresh Marinated Vegetable Salad
29	30	31	 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD</p>	
Popcorn Chicken Dipping Sauce Cup Warm Dinner Roll Parmigiana Roasted Cauliflower <u>Salad Bar</u> Broccoli and Cranberry Salad	100% Beef Hamburgers & Cheeseburgers Turkey Burger Burgers served with Lettuce, Tomato & New York Onion Sweet Potato Waffle Fries <u>Salad Bar</u> Carrot & Lemon Salad	Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce, Cheese & Taco Sauce Baked! Tostitos® Scoops® Brown Rice Classic Grilled Cheese Sofrito Seasoned Pinto Beans <u>Salad Bar</u> Fresh Cilantro Slaw		

OFFERED DAILY			
Entree Alternatives <ul style="list-style-type: none"> • PB&J Sandwich • Cheese Sandwich • Plain Turkey Sandwich • Hummus Grab & Go 	Milk 1% Low-fat Fat Free Fat Free Chocolate Dipping Sauce Cups BBQ, Ranch, Honey Mustard	Seasonal Fresh Fruit Apples, Oranges, Bananas, Pears No Artificial flavors, colors, or sweeteners in all SchoolFood Products	Dressings Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette
			Flavor Station Granulated Garlic Red Pepper Flakes Parmesan Cheese JHS Lunch Menu