

January 2023 HS Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| WEEKLY 5 FAVE | | | | |
| Cheeseburger Oven Baked Fries <i>Ketchup</i> | Cheese Lasagna w/ Tomato Basil Sauce <i>Dinner Roll</i> | Beef Nachos <i>Original Popped Chips</i> | Chicken Tamale w/ Seasoned Corn | |
| SANDWICH OF THE DAY | | | | |
| Turkey & Cheese Torta <i>Mayonnaise</i> <i>Side of Baked Fries w/ Ketchup</i> | Smoked Turkey & Cheese Sandwich on Knot Roll <i>Mayonnaise</i> <i>Baby Carrots (1/2 c)</i> | Turkey Breast Sandwich on Whole Grain Roll <i>Mayonnaise</i> <i>Garbanzo Bean Salad</i> | Italian Turkey Submarine <i>Baby Carrots (1/2 c)</i> | |
| FEATURED ENTRÉE OF THE DAY | | | | |
| 2 | 3 | 4 | 5 | 6 |
| Cheeseburger Oven Baked Fries <i>Ketchup</i> | Baked Ziti w/ Tomato Basil Meat Sauce <i>Dinner Roll</i> | Beef Nachos <i>Original Popped Chips</i> | Chicken Tamale w/ Seasoned Corn | PIZZA FRIDAY <i>Pepperoni or cheese</i> |
| <i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Jicama Sticks w/ Tajin (1/2 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Spinach Salad w/ Italian Dressing (1 c)</i> |
| <i>Pear (1/2 c) & Orange (1/2 c)</i> | <i>Orange (1/2 c) & Apple (1/2 c)</i> | <i>Banana (1/2 c) & Pear (1/2 c)</i> | <i>Apple (1/2 c) & Orange (1/2 c)</i> | <i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i> |
| 9 | 10 | 11 | 12 | 13 |
| Chicken Patty Burger Oven Baked Fries <i>Ketchup</i> | Chicken Alfredo Pasta w/ Steamed Broccoli | Turkey & Bean Chili <i>Corn Muffin</i> | Chicken Tortilla Soup <i>Tortilla Chips</i> | PIZZA FRIDAY <i>Pepperoni or cheese</i> |
| <i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Cucumber Slices w/Tajin (1/2 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Broccoli Dipper w/ Ranch Dressing (1 c)</i> |
| <i>Pear (1/2 c) & Orange (1/2 c)</i> | <i>Dried Cranberries (1/2 c) & Apple (1/2 c)</i> | <i>Banana (1/2 c) & Pear (1/2 c)</i> | <i>LA Berry Cup/ Apple (1/2 c) & Orange (1/2 c)</i> | <i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i> |
| 16 | 17 | 18 | 19 | 20 |
| MLK HOLIDAY | Firecracker Chicken Yakisoba Noodles | Beef Picadillo w/ Black Beans & Rice | Chicken Drumstick w/ Cheesy Mashed Potatoes <i>Dinner Roll</i> | PIZZA FRIDAY <i>Pepperoni or cheese</i> |
| | <i>Baby Carrots (1/2 c)</i> | <i>Jicama Sticks w/ Tajin (1/2 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Spinach, Tomato & Pickle Kit (1 c)</i> |
| | <i>Orange (1/2 c) & Apple (1/2 c)</i> | <i>Banana (1/2 c) & Pear (1/2 c)</i> | <i>Apple Sauce (1/2 c) & Orange (1/2 c)</i> | <i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i> |
| 23 | 24 | 25 | 26 | 27 |
| Hot Dog Oven Baked Fries <i>Ketchup</i> | Zesty Pasta Bake w/ Tomato Basil Sauce & Vegan Crumble <i>Dinner Roll</i> | Chicken Fajitas w/ Refried Beans Peppers & Corn <i>Whole Grain Tortillas</i> | Chicken Noodle Soup <i>Whole Grain Cookie</i> | PIZZA FRIDAY <i>Pepperoni or cheese</i> |
| <i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Cucumber Slices w/Tajin (1/2 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Broccoli Dipper w/ Ranch Dressing (1 c)</i> |
| <i>Pear (1/2 c) & Orange (1/2 c)</i> | <i>Orange (1/2 c) & Apple (1/2 c)</i> | <i>Banana (1/2 c) & Pear (1/2 c)</i> | <i>LA Berry Cup/ Apple (1/2 c) & Orange (1/2 c)</i> | <i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i> |
| 30 | 31 | 1 | 2 | 3 |
| Honey Mustard Grilled Chicken Sandwich Oven Baked Fries <i>Ketchup</i> | Chicken Enchiladas w/ Creamy Green Salsa | Chicken Burrito Bowl w/ Pinto Beans & Rice | Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes | PIZZA FRIDAY <i>Pepperoni or cheese</i> |
| <i>Oven Baked Fries in Meal Baby Carrots (1/4 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Jicama Sticks w/ Tajin (1/2 c)</i> | <i>Baby Carrots (1/2 c)</i> | <i>Spinach Salad w/ Italian Dressing (1 c)</i> |
| <i>Pear (1/2 c) & Orange (1/2 c)</i> | <i>Orange (1/2 c) & Apple (1/2 c)</i> | <i>Banana (1/2 c) & Pear (1/2 c)</i> | <i>Apple Sauce (1/2 c) & Orange (1/2 c)</i> | <i>100% Fruit Juice (4 oz) & Pear (1/2 c)</i> |

All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider. Menus are subject to change without notice.