





MENU

High School January 28 February 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Lasagna w/Broccoli Breadstick	“Taco Tuesday” Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	“Inside Out” Grilled Cheese Sandwich Tater Tots	Tiger Bowl w/Chicken Bites, Mashed Potatoes, Gravy, Corn and Cheddar Cheese	Chicken Alfredo w/Pasta Broccoli Garlic Roll
	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger Hot Ham & Cheese	Hamburger Cheeseburger Meatball	Hamburger Cheeseburger Spicy Chicken Sandwich	Hamburger Cheeseburger Breakfast Sandwich
	Cheese Pepperoni Buffalo Chicken	Cheese Pepperoni Meatball	Cheese Pepperoni Supreme	Cheese Pepperoni Chicken Ranch	Cheese Pepperoni Ham & Bacon
	Chicken Noodle	Chili	Cream of Tomato	Chicken Rice	Wedding
<p>Combo Includes: Choice of one entrée, two servings of fruits and vegetables, one grain or bread and one low-fat milk</p>			<p>Nutritional Targets Calories: 800, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU, Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%, Saturated Fat Less Than 10%</p>		

Please discuss any food allergy issues concerning your child with the Food Service Director.

This is an equal opportunity provider.