





MENU

High School January 7-11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Roasted Chicken Parmesan Mashed Potatoes, Gravy & Sweet Corn	"Taco Tuesday" Chicken, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	"Tiger Tenders" w/Assorted Sauces, Potato Wedges	Pasta Bowl with Marinara & Meatballs Fresh Veggies	"Inside Out" Grilled Cheese Tater Tots
	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger Meatball	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger Sloppy Joe	Hamburger Cheeseburger Spicy Chicken Sandwich
	Cheese Pepperoni Buffalo Chicken	Cheese Pepperoni Chicken Ranch	Cheese Pepperoni Banana Pepper	Cheese Pepperoni Meat Lovers	Cheese Pepperoni Meatball
	Chicken Noodle	Chili	Wedding	Chicken Rice	Cream of Tomato
<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.

