





MENU

High School January 14-18	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Roast Turkey Mashed Potatoes & Gravy Green Beans	"Taco Tuesday" Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	Lasagna w/Broccoli Breadstick	Tiger Bowl Popcorn Chicken, Mashed Potatoes, Gravy & Sweet Corn	Build your own Mac & Cheese Bowl w/ Toppings Garlic Green Beans
	Hamburger Cheeseburger Spicy Chicken Strips	Hamburger Cheeseburger Crispy Chicken Sandwich	Hamburger Cheeseburger BBQ Pork	Hamburger Cheeseburger Grilled Cheese	Hamburger Cheeseburger Spicy Chicken Sandwich
	Cheese Pepperoni BBQ Chicken	Cheese Pepperoni Cheeseburger	Cheese Pepperoni Supreme	Cheese Pepperoni Flying Pig	Cheese Pepperoni Buffalo Ranch Chicken
	Chicken Noodle	Chili	Wedding	Chicken Rice	Cream of Tomato
<p align="center">Combo</p> <p>Includes: Choice of one entrée, two servings of fruits and vegetables, one grain or bread and one low-fat milk</p>			<p align="center">Nutritional Targets</p> <p>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.

