



JANUARY | 2019

Middle School/High School menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Christmas Holiday	1 Christmas Holiday	2 Main Entrées: Pizza bagels Hamburger/cheeseburger *Cheesy Italian flatbread w/marinara Sides: Baked beans Emoji potatoes Garden bar	3 Main Entrées: Chicken Alfredo w/garlic bread Hamburger/Cheeseburger *Eggrolls Sides: Corn Cheesy broccoli soup Garden bar	4 Main Entrées: Hot ham & Cheese sandwich Hamburger/cheeseburger Shrimp poppers Sides: Black bean salsa w/scoops Garden bar
7 Main Entrées: Waffles & Sausage Hamburger/cheeseburger Corn dog on a stick Sides: Hash brown starz Garden bar	8 Main Entrées: Grilled Cheese Sandwich Hamburger/cheeseburger *Yogurt parfait Sides: Tomato Soup Corn Garden bar Extra: Goldfish crackers	9 Main Entrées: Chicken quesadilla Hamburger/Cheeseburger Philly Steak sandwich Sides: Saucy refried beans Garden bar Extra: cookie	10 Main Entrées: Pizza slice Hamburger/cheeseburger *Spinach Chicken salad Sides: Smiley potatoes Corny potato chowder Garden bar	11 Main Entrées: Macaroni & Cheese W/Breadstick Fish Sandwich Hamburger/cheeseburger Sides: Green Beans Garden Bar
14 Main Entrées: Chicken Nuggets W/Roll Hamburger/cheeseburger *Turkey club sandwich Sides: Mashed Potatoes & Gravy Garden bar	15 High school exams Main Entrées: Lasagna rollup Hamburger/Cheeseburger *Yogurt parfait Sides: French fries Garden bar	16 High school exams MS//HS MASS Main Entrées: *Bosco Sticks w/marinara Hamburger/cheeseburger *Deli club sandwich Sides: Potato wedges Garden bar	17 High school exams Main Entrées: Southwest chicken Bake W/Breadstick Hamburger/cheeseburger Eggrolls Sides: Cauliflower Garden bar Extra: Rice krispie treat	18 High school exams Main Entrées: Chipotle Joe sandwich Hamburger/cheeseburger Fish sandwich Sides: baked beans Fruit sidekick Garden bar
21 Staff development no school	22 Main Entrées: Walking taco Hamburger/cheeseburger *Yogurt parfait Sides: Saucy refried Beans Garden bar	23 Middle school summit Main Entrées: Meatball marinara & pasta w/garlic bread Hamburger/cheeseburger Sides: Key West vegetables Garden bar	24 Main entrées: Pancakes & sausage Hamburger/cheeseburger Hot Italian sub sandwich Sides: Hash browns Creamy Chicken & rice soup Garden bar	25 Main Entrées: Chili w/sweet roll Hamburger/cheeseburger Shrimp poppers Sides: Corn Garden bar
28 All system Mass Main Entrées: *Turkey haystack w/breadstick Hamburger/cheeseburger *Ham & Swiss Sandwich Sides: Broccoli Garden Bar Extra: Cookie	29 Main Entrées: Teriyaki chicken w/rice Hamburger/Cheeseburger *Yogurt parfait Sides: Stir fry vegetables Garden Bar Extra: Rice krispie treat	30 Main Entrées: *Cheesy bites w/marinara Hamburger/cheeseburger *Eggrolls Sides: Green beans Garden bar Extra: snack mix	31 Main Entrées: Mini Corn Dogs Hamburger/cheeseburger BBQ ranchero wrap Sides: Baked beans Seasoned French fries Creamy cauliflower soup Garden bar	1 Main Entrées: BBQ Pork Sandwich Hamburger/Cheeseburger Fish sandwich Sides: Maple glazed sweet potatoes Garden bar

News

All meals include ½ pint choice of skim white or chocolate or 1% white milk

Garden bar offers fresh and canned selections of fruit and fresh vegetables.



“Souper” Thursday is back

How to make a meal deal
 Please choose a minimum of a side ½ cup fruit or vegetable and two other components for a meal deal.

A full high school meal deal features one main entrée, milk, and up to four sides.
 A full middle school meal features one main entrée, milk and up to three sides.

Note: *Grab-n-go meals meet full meal requirement

Middle school meal: \$2.60
 High school meal: \$2.85
 Extra milk ½ pint: \$0.40
 Adult: \$3.55
 Menu subject to change without notice
 This institution is an equal opportunity provider