JANUARY 2022 High School and L.E.A.P Lunch Menu

	High School and L.E.A.P. Lunch Menu			
Monday 1/3	Tuesday 1/4 National Spaghetti Day	Wednesday 1/5	Thursday 1/6 National Bean Day	Friday 1/7 National Tempura Day
Lunch Option #1: Barbecue Ribs	Lunch Option #1: Spaghetti and Marinara Sauce with Meatballs	Lunch Option #1: Chicken Fajitas with Peppers and Onions,	Lunch Option #1: Chicken and Sausage Creole Jambalaya	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
Lunch Option #2: Cheeseburger on a Whole Grain Bun with Lettuce, Tomato, Ketchup and Mustard	Lunch Option #2: Veggie Burger with American Cheese on a Whole Grain Roll	Shredded Cheese, Lettuce and Tomatoes Lunch Option #2: Veggie Quesadilla with Sour Cream and Salsa	Lunch Option #2: Red Bean Burrito with Lettuce, Tomato, Shredded Cheese, and Guacamole	Lunch Option #2: Tempura Chicken with Asian Dipping Sauce
Sandwich Option #1: Chicken Salad Sandwich on a Kaiser Roll with	Sandwich Option #1: Meatball Sub with Provolone and Marinara	Sandwich Option #1: Roast Beef and Cheddar on a Pretzel Bun with	Sandwich Option #1: Waldorf Chicken Salad Wrap	Sandwich Option #1: Italian Cold Cut Sub with Lettuce and Tomato
Lettuce and Tomato Salad Option #1: Chicken Salad Garden Salad with Low Fat	Salad Option #1: Chef Salad with Low Fat Dressing and a Whole Grain Roll	Lettuce, Tomato, and Pickles Salad Option #1: Seafood Salad on a Garden Salad with Low Fat	Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll	Salad Option #1: Chef Salad with Low Fat Dressing and a Whole Grain Roll
Dressing with a Whole Grain Roll	Today's Sides:	Dressing and a Whole Grain Roll	Today's Sides:	Today's Sides:
Today's Sides: Steamed Broccoli, Baked Fries with Ketchup	Cheesy Garlic Bread, Steamed Baby Carrots Today's Fruit:	Today's Sides: Seasoned Pinto Beans, Chili Lime Corn	Red Beans and Rice, German Blend Vegetables Today's Fruit:	Oven Roasted Diced Potatoes, Steamed Green Beans
Today's Fruit: Diced Pears	Diced Peaches 1% Plain or Flavored Milk, 100% Fruit Juice, or	Today's Fruit: Mixed Grapes	Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Today's Fruit: Tropical Fruit Salad
1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water
Monday 1/10	Tuesday 1/11	Wednesday 1/12 National Curry Chicken Day	Thursday 1/13	Friday 1/14 National Hot Pastrami Sandwich Day
Lunch Option #1: Salisbury Steak and Gravy	Lunch Option #1: Whole Grain Chicken Tenders with Barbecue Dipping Sauce	Lunch Option #1: Curry Chicken and Peppers	Lunch Option #1: Oven Fried Chicken and Waffles	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
Lunch Option #2: Herbed Chicken Breast	Lunch Option #2:	Lunch Option #2: Grilled Cheese on Texas Toast	Lunch Option #2: Corned Beef Ruben	Lunch Option #2:
Sandwich Option #1: Turkey and Cheddar with Lettuce and Tomato on	Whole Grain Fish Sticks with Tarter Sauce Sandwich Option #1:	Sandwich Option #1: Ham and American Cheese with Mustard on	Sandwich Option #1: Barbecue Crispy Chicken Sandwich	Cheesesteak Sub on a Whole Grain Roll with American Cheese
Whole Wheat	Tuna Salad Sandwich on Whole Wheat with Lettuce and Tomato	Wheat with Lettuce and Tomato	Salad Option #1:	Sandwich Option #1: Italian Cold Cut Sub
Salad Option #1: Herbed Chicken Breast over Garden Salad with Fat Free Ranch and a Whole Grain Roll	Salad Option #1: Tuna Salad Garden Salad with low fat Dressing	Salad Option #1: Cobb Salad	Crispy Chicken Salad with Cheddar Cheese and Ranch	Salad Option #1: Grilled Chicken Caesar Salad
Today's Sides:	and a Whole Grain Roll	Today's Sides: Steamed Brown Rice, Seasoned Cauliflower	Today's Sides: Steamed Corn on the Cob, Oven Roasted Potatoes	Today's Sides:
Steamed Brown Rice, Key Largo Vegetable Blend Today's Fruit:	Baked Sweet Potato Fries with Ketchup, California Blend Vegetables	Today's Fruit: Fresh Fruit Salad	Today's Fruit:	Tossed Salad with Low Fat Dressing, California Blend Vegetable
Diced Peaches	Today's Fruit:	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Mixed Grapes	Today's Fruit: Diced Pears
1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	Mixed Grapes 1% Plain or Flavored Milk, 100% Fruit Juice, or	Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water
	Bottled Water			
Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20 National Cheese Lover's Day	Friday 1/21
	Lunch Option #1: Meatloaf with Brown Gravy	Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce	Lunch Option #1: Baked Home-style Macaroni and Cheese	
	Lunch Option #2: Turkey Reuben	Lunch Option #2: Grilled Cheeseburger on a Whole Grain Bun with	Lunch Option #2: Chicken Quesadilla with Sour Cream and Salsa	
	Sandwich Option #1:	Lettuce and Tomatoes	Sandwich Option #1:	
	Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella	Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun	Grilled Cheese on Texas Toast Salad Option #1:	
	Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun	Salad Option #1:	Fresh Mozzarella Caprese Salad with Balsamic Glaze and Roasted Red Peppers over Spinach	
No School	Today's Sides: Seasoned Green Beans, Mashed Potatoes	Asian Vegetable and Black Bean Salad Today's Sides:	Today's Sides: Key Largo Vegetables, Cheesy Garlic Bread	No School
	Today's Fruit:	Baked Fries, Key Largo Vegetables	Today's Fruit:	
	Apple Slices	Today's Fruit: Mandarin Oranges	Apple Slices	
	1% Plain or Flavored Milk 100% Fruit Juice or		1% Plain or Flavored Milk 100% Fruit Juice or	
	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water	
	Bottled Water	Bottled Water	Bottled Water	
Monday 1/24	Bottled Water Tuesday 1/25	Bottled Water Wednesday 1/26	Bottled Water Thursday 1/27	Friday 1/28
Monday 1/24 Lunch Option #1: Beef Lasagna with Marinara	Bottled Water	Bottled Water	Thursday 1/27 Lunch Option #1: Scrambiod Eggs with Cheese, Sausage Patty, and	Lunch Option #1: Cheese Pizza on Whole Grain Crust with
Lunch Option #1:	Tuesday 1/25 Lunch Option #1:	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Meit on Texas Toast with Sliced Tomatoes	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2:
Lunch Option #1: Beef Lasagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1:	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Staak Sandwich Option #3:	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese	Thursday 1/27 Lunch Option #1: Scrambied Eggs with Cheese, Sausage Patty, and French Toast	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce
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Lunch Option #1: Deef Lasagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap	Wednesday 1/26 Lunch Option #1: Yanker Por Roast with Brown Gravy Lunch Option #2: Tunna Nelt on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1:	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesesteak Sub on a Whole Grain Roll with American Cheese Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1:	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1:
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Lunch Option #1: Beef Lassagna with Marinara Lunch Option #2: Mesatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: General Tso's Chicken Lunch Option #3: General Tso's Chicken Lunch Option #3: General Tso's Chicken Lunch Option #3: General Tso's Chicken Sandwich Option #3: Sandwich Option #3: Sandwich Option #3: Sandwich Option #3:	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lassagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Dicad Pears 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Tuna Salad Oyton #1: Tuna Salad Oyton #1: Tuna Salad Oyton #1:	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lassagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Dicad Pears 11% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Tuns Salad Option #1: Tuns Salad Option #1: Terlyaki Salmon Salad	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lasagna with Marinara Lunch Option #2: Meanthal Tamesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Dicad Fears Today's Fruit: Dicad Fears Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Tuns Salad Wrap Salad Option #1: Tryski Salmon Salad Today's Sides: Steamed Broccoli, Vegetable Fried Rice	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lasagna with Marinara Lunch Option #2: Meanthal Farmasan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Diced Fears Today's Fruit: Diced Fears Monday 1/31 Lunch Option #1: General Tao's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Tuns Salad Wrap Salad Option #1: Tuns Salad Wrap Salad Option #1: Tuns Salad Wrap Salad Option #1: Tuns Salad Option #1: Tuns Salad Wrap Salad Option #1: Tuns Salad Salamon Salad Today's Sides:	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lassagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun Today's Sidee: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Dicod Pears 1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Teo's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Truns Salad Wrap Salad Option #1: Terlyaki Salmon Salad Today's Sidee: Steamed Broccoli, Vegetable Fried Rice Today's Fruit:	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pieza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Caesar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lasagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Diced Pears 1'4', Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #3: Today's Sides: Steamed Broccoli, Vegetable Fried Rice Today's Fruit: Diced Pears 1'50 Sides: Steamed Broccoli, Vegetable Fried Rice Today's Fruit Diced Pears 1'4', Plain or Flavored Milk, 100% Fruit Juice, or	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Cessar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or
Lunch Option #1: Beef Lasagna with Marinara Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll Sandwich Option #1: Barbecue Chicken Wrap Salad Option #1: Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun Today's Sides: Steamed Broccoli, Seasoned Baby Carrots Today's Fruit: Diced Fears 1% Palin or Flavored Milk, 100% Fruit Juice, or Bottled Water Monday 1/31 Lunch Option #1: General Tso's Chicken Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce Sandwich Option #1: Turlyakl Salmon Salad Today's Sides: Steamed Broccoli, Vegetable Fried Rice Today's Fruit: Diced Pears 1% Palin or Flavored Milk, 100% Fruit Juice, or	Tuesday 1/25 Lunch Option #1: Sweet and Sour Chicken Lunch Option #2: Asian Pepper Steak Sandwich Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll Today's Sides: Steamed Brown Rice, Asian Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Wednesday 1/26 Lunch Option #1: Yankee Pot Roast with Brown Gravy Lunch Option #2: Tuna Met on Texas Toast with Sliced Tomatoes and Cheddar Cheese Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll Today's Sides: Gartic Mashed Potatoes, California Blend Vegetables Today's Fruit: Tropical Fruit Salad 1% Plain or Flavored Milk, 100% Fruit Juice, or	Thursday 1/27 Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast Lunch Option #2: Cheesestaak Sub on a Whole Grain Roll with American Cheese Sandwich Option #3: Waldorf Chicken Salad Wrap Salad Option #1: Waldorf Chicken Salad Wrap Salad Option #1: Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetable Vegetable Today's Fruit: Fresh Melon 11/6 Plain or Flavored Milk, 100% Fruit Juice, or	Lunch Option #1: Cheese Pieza on Whole Grain Crust with Homemade Sauce Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato Salad Option #1: Grilled Chicken Caesar Salad Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable Today's Fruit: Diced Pears 1% Plain or Flavored Milk, 100% Fruit Julice, or