

JANUARY 2022
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
<p>Lunch Option #1: Barbecue Ribs</p> <p>Lunch Option #2: Cheeseburger on a Whole Grain Bun with Lettuce, Tomato, Ketchup and Mustard</p> <p>Sandwich Option #1: Chicken Salad Sandwich on a Kaiser Roll with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad Garden Salad with Low Fat Dressing with a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli, Baked Fries with Ketchup</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Spaghetti and Marinara Sauce with Meatballs</p> <p>Lunch Option #2: Veggie Burger with American Cheese on a Whole Grain Roll</p> <p>Sandwich Option #1: Meatball Sub with Provolone and Marinara</p> <p>Salad Option #1: Chef Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Cheesy Garlic Bread, Steamed Baby Carrots</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken Fajitas with Peppers and Onions, Shredded Cheese, Lettuce and Tomatoes</p> <p>Lunch Option #2: Veggie Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles</p> <p>Salad Option #1: Seafood Salad on a Garden Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Seasoned Pinto Beans, Chili Lime Corn</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Chicken and Sausage Creole Jambalaya</p> <p>Lunch Option #2: Red Bean Burrito with Lettuce, Tomato, Shredded Cheese, and Guacamole</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Red Beans and Rice, German Blend Vegetables</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Tempura Chicken with Asian Dipping Sauce</p> <p>Sandwich Option #1: Italian Cold Cut Sub with Lettuce and Tomato</p> <p>Salad Option #1: Chef Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Oven Roasted Diced Potatoes, Steamed Green Beans</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/10	Tuesday 1/11	Wednesday 1/12 National Curry Chicken Day	Thursday 1/13	Friday 1/14 National Hot Pastrami Sandwich Day
<p>Lunch Option #1: Salisbury Steak and Gravy</p> <p>Lunch Option #2: Herbed Chicken Breast</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce and Tomato on Whole Wheat</p> <p>Salad Option #1: Herbed Chicken Breast over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Steamed Brown Rice, Key Largo Vegetable Blend</p> <p>Today's Fruit: Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tarter Sauce</p> <p>Sandwich Option #1: Tuna Salad Sandwich on Whole Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Salad Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Baked Sweet Potato Fries with Ketchup, California Blend Vegetables</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Curry Chicken and Peppers</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Ham and American Cheese with Mustard on Wheat with Lettuce and Tomato</p> <p>Salad Option #1: Cobb Salad</p> <p>Today's Sides: Steamed Brown Rice, Seasoned Cauliflower</p> <p>Today's Fruit: Fresh Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Oven Fried Chicken and Waffles</p> <p>Lunch Option #2: Corned Beef Ruben</p> <p>Sandwich Option #1: Barbecue Crispy Chicken Sandwich</p> <p>Salad Option #1: Crispy Chicken Salad with Cheddar Cheese and Ranch</p> <p>Today's Sides: Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p>Today's Fruit: Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: Italian Cold Cut Sub</p> <p>Salad Option #1: Grilled Chicken Caesar Salad</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20 National Cheese Lover's Day	Friday 1/21
No School	<p>Lunch Option #1: Meatloaf with Brown Gravy</p> <p>Lunch Option #2: Turkey Reuben</p> <p>Sandwich Option #1: Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p>Salad Option #1: Chicken Caesar Salad with a Whole Grain Bun</p> <p>Today's Sides: Seasoned Green Beans, Mashed Potatoes</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Dipping Sauce</p> <p>Lunch Option #2: Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p>Sandwich Option #1: Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p>Salad Option #1: Asian Vegetable and Black Bean Salad</p> <p>Today's Sides: Baked Fries, Key Largo Vegetables</p> <p>Today's Fruit: Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Baked Home-style Macaroni and Cheese</p> <p>Lunch Option #2: Chicken Quesadilla with Sour Cream and Salsa</p> <p>Sandwich Option #1: Grilled Cheese on Texas Toast</p> <p>Salad Option #1: Fresh Mozzarella Caprese Salad with Balsamic Glaze and Roasted Red Peppers over Spinach</p> <p>Today's Sides: Key Largo Vegetables, Cheesy Garlic Bread</p> <p>Today's Fruit: Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	No School
Monday 1/24	Tuesday 1/25	Wednesday 1/26	Thursday 1/27	Friday 1/28
<p>Lunch Option #1: Beef Lasagna with Marinara</p> <p>Lunch Option #2: Meatball Parmesan Sub on a Whole Grain Roll</p> <p>Sandwich Option #1: Barbecue Chicken Wrap</p> <p>Salad Option #1: Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun</p> <p>Today's Sides: Steamed Broccoli, Seasoned Baby Carrots</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Sweet and Sour Chicken</p> <p>Lunch Option #2: Asian Pepper Steak</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Steamed Brown Rice, Asian Blend Vegetables</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Yankee Pot Roast with Brown Gravy</p> <p>Lunch Option #2: Tuna Melt on Texas Toast with Sliced Tomatoes and Cheddar Cheese</p> <p>Sandwich Option #1: Buffalo Chicken Wrap with Ranch, Lettuce and Tomato</p> <p>Salad Option #1: Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll</p> <p>Today's Sides: Garlic Mashed Potatoes, California Blend Vegetables</p> <p>Today's Fruit: Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p>Lunch Option #2: Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p>Sandwich Option #1: Waldorf Chicken Salad Wrap</p> <p>Salad Option #1: Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p>Today's Sides: Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p>Today's Fruit: Fresh Melon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p>Lunch Option #2: Chicken Parmesan Sub with Provolone and Marinara</p> <p>Sandwich Option #1: Italian Cold Cut on a Kaiser with Lettuce and Tomato</p> <p>Salad Option #1: Grilled Chicken Caesar Salad</p> <p>Today's Sides: Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/31				
<p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Vegetable Spring Rolls with Dipping Sauce</p> <p>Sandwich Option #1: Tuna Salad Wrap</p> <p>Salad Option #1: Teriyaki Salmon Salad</p> <p>Today's Sides: Steamed Broccoli, Vegetable Fried Rice</p> <p>Today's Fruit: Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>				