



# January 2019 7th-12th Grade

**Grades 7-12**

BREAKFAST 1.40  
 LUNCH 2.60  
 MILK .50  
 ICE CREAM .75

**SERVED DAILY**

*Anytimers*  
**Salad Bar**  
*Uncrustables PB&J*  
**Turkey Sandwich**  
*Tuna Sandwich*  
**Assorted Fruit**  
*Skim / 1% White or*  
**Non-Fat Chocolate Milk**

MON TUE WED THU FRI

1

2

3

4

# HAPPY NEW YEAR

7

**Chicken Nuggets**

*WW Dinner Roll (9-12)*  
 Baked French Fries  
 White Bean Salad  
 Ketchup Packet

*Pizza Sticks*

8

**Calzones w/  
Dipping Sauce**

*Lettuce & Tomato Salad*  
 Low-Fat Italian  
 Low-Fat Ranch

*Fishwich*

9

**French Toast Sticks**

*Baked Hash Brown Patty*  
 Baked Sausage Patty  
 Ketchup Packet  
 Syrup Packet

*Buffalo Pizza*

10

**Chicken Drumsticks**

*Mashed Potatoes*  
 Gravy  
 Low-Fat Ranch

*Rib\*B\*Que Sandwich*

11

**Individual WG Pizza**

*Lettuce & Tomato Salad*  
 Fresh Broccoli  
 Low-Fat Italian  
 Low-Fat Ranch

*Spicy Chicken Patty*

14

**Popcorn Chicken**

*WW Dinner Roll (9-12)*  
 Baked French Fries  
 Ketchup Packet

*Pizza Sticks*

15

**Nacho Taco Salad**

*Tortilla Chips*  
 Shredded Lettuce  
 Black Bean Salad  
 Fresh Broccoli  
 Salsa

*Fishwich*

16

**Breaded Pork Patty**

*WW Dinner Roll (9-12)*  
 Mashed Potatoes  
 Brown Gravy  
 Low-Fat Ranch

*Buffalo Pizza*

17

**Chicken Parmesan**

*Simmered Rotini Noodles*  
 Ketchup Packet

*Rib\*B\*Que Sandwich*

18

**4 Cheese WG Pizza**

*Lettuce & Tomato Salad*  
 Fresh Broccoli  
 Low-Fat Italian  
 Low-Fat Ranch

*Spicy Chicken Patty*

21

**MARTIN  
LUTHER  
KING  
DAY**

22

**Chicken Tenders**

*WW Dinner Roll (9-12)*  
 Baked French Fries  
 White Bean Salad  
 Ketchup Packet

*Fishwich*

23

**Texas BBQ Pulled  
Pork Sandwich**

*Cole Slaw*

*Buffalo Pizza*

24

**General Tso's Chicken**

*Steamed Rice*  
 Steamed Carrots

*Rib\*B\*Que Sandwich*

25

**Individual WG Pizza**

*Lettuce & Tomato Salad*  
 Low-Fat Italian  
 Low-Fat Ranch

*Spicy Chicken Patty*

28

**Chicken Nuggets**

*WW Dinner Roll (9-12)*  
 Baked French Fries  
 White Bean Salad  
 Ketchup Packet

*Pizza Sticks*

29

**Ham & Cheese  
Croissant**

*Tomato Soup*  
 Baked Potato Tots

*Fishwich*

30

**Chicken Fajita**

*Steamed Rice*  
 Steamed Carrots

*Buffalo Pizza*

31

**Bacon Burger**

*French Fries*  
 Shredded Lettuce  
 Sliced Tomatoes  
 Ketchup Packet

*Rib\*B\*Que Sandwich*

1 FEB

**4 Cheese WG Pizza**

*Lettuce & Tomato Salad*  
 Fresh Broccoli  
 Low-Fat Italian  
 Low-Fat Ranch

*Spicy Chicken Patty*

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 779-2300 Option 7 Option 1  
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# February 2019 7th-12th Grade

**Grades 7-12**

BREAKFAST	1.40
LUNCH	2.60
MILK	.50
ICE CREAM	.75

**SERVED DAILY**

- Anytimers*
- Salad Bar*
- Uncrustables PB&J*
- Turkey Sandwich*
- Tuna Sandwich*
- Assorted Fruit*
- Skim / 1% White or*
- Non-Fat Chocolate Milk*

M O N	T U E	W E D	T H U	F R I
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	<p><b>1</b></p> <p><b>4 Cheese WG Pizza</b></p> <p><i>Lettuce &amp; Tomato Salad</i> <i>Fresh Broccoli</i> <i>Low-Fat Italian</i> <i>Low-Fat Ranch</i></p>
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<p><b>4</b></p> <p><b>Popcorn Chicken</b></p> <p><i>WW Dinner Roll (9-12)</i> <i>Baked French Fries</i> <i>Ketchup Packet</i></p> <p><i>Fishwich</i></p>	<p><b>5</b></p> <p><b>Breaded Pork Patty</b></p> <p><i>WW Dinner Roll (9-12)</i> <i>Mashed Potatoes</i> <i>Brown Gravy</i> <i>Low-Fat Ranch</i></p> <p><i>Buffalo Pizza</i></p>	<p><b>6</b></p> <p><b>French Toast Sticks</b></p> <p><i>Baked Hash Brown Patty</i> <i>Baked Sausage Patty</i> <i>Ketchup Packet</i> <i>Syrup Packet</i></p> <p><i>Rib*B*Que Sandwich</i></p>	<p><b>7</b></p> <p><b>Chicken Drumsticks</b></p> <p><i>Mashed Potatoes</i> <i>Gravy</i> <i>Simmered Carrots</i></p> <p><i>Pizza Sticks</i></p>	<p><b>8</b></p> <p><b>Individual WG Pizza</b></p> <p><i>Lettuce &amp; Tomato Salad</i> <i>Low-Fat Italian</i> <i>Low-Fat Ranch</i></p> <p><i>Spicy Chicken Patty</i></p>
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<p><b>11</b></p> <p><b>Chicken Tenders</b></p> <p><i>WW Dinner Roll (9-12)</i> <i>Baked French Fries</i> <i>White Bean Salad</i> <i>Ketchup Packet</i></p> <p><i>Fishwich</i></p>	<p><b>12</b></p> <p><b>Nacho Taco Salad</b></p> <p><i>Tortilla Chips</i> <i>Shredded Lettuce</i> <i>Black Bean Salad</i> <i>Fresh Broccoli</i> <i>Salsa</i></p> <p><i>Buffalo Pizza</i></p>	<p><b>13</b></p> <p><b>Bacon Burger</b></p> <p><i>French Fries</i> <i>Shredded Lettuce</i> <i>Sliced Tomatoes</i> <i>Ketchup Packet</i></p> <p><i>Rib*B*Que Sandwich</i></p>	<p><b>14</b></p> <p><b>Chicken Parmesan</b></p> <p><i>Simmered Noodles</i> <i>Steamed Carrots</i></p> <p><i>Pizza Sticks</i></p>	<p><b>15</b></p> <p><b>4 Cheese WG Pizza</b></p> <p><i>Lettuce &amp; Tomato Salad</i> <i>Fresh Broccoli</i> <i>Low-Fat Italian</i> <i>Low-Fat Ranch</i></p> <p><i>Spicy Chicken Patty</i></p>
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# WINTER BREAK

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<p><b>25</b></p> <p><b>Chicken Nuggets</b></p> <p><i>WW Dinner Roll (9-12)</i> <i>Baked French Fries</i> <i>White Bean Salad</i> <i>Ketchup Packet</i></p> <p><i>Fishwich</i></p>	<p><b>26</b></p> <p><b>Ham &amp; Cheese Croissant</b></p> <p><i>Tomato Soup</i> <i>Baked Potato Tots</i></p> <p><i>Buffalo Pizza</i></p>	<p><b>27</b></p> <p><b>Texas BBQ Pulled Pork</b></p> <p><i>Cole Slaw</i> <i>Ketchup Packet</i></p> <p><i>Hot Dog w/ Bun</i></p>	<p><b>28</b></p> <p><b>Chicken Fajita</b></p> <p><i>Steamed Rice</i> <i>Steamed Green Beans</i></p> <p><i>Pizza Sticks</i></p>	<p><b>1 MARCH</b></p> <p><b>Individual WG Pizza</b></p> <p><i>Lettuce &amp; Tomato Salad</i> <i>Low-Fat Italian</i> <i>Low-Fat Ranch</i></p> <p><i>Spicy Chicken Patty</i></p>
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