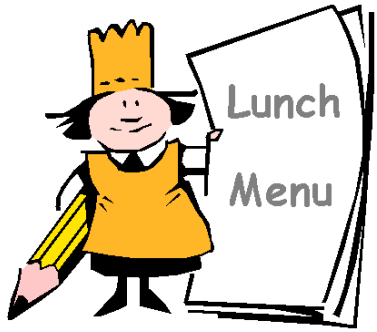


All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

Menu is subject to change without notice.



13
Fish Sticks
 Yogurt & Graham Crackers
 French Fries
 Romaine Salad
 Apples
 Strawberries
 Ranch Dressing
 Catsup

7
Chicken Sandwich
 Yogurt & Graham Crackers
 Seasoned Black Beans
 Romaine Salad
 Apples
 Ranch Dressing
 Catsup

8
Teriyaki Chicken w/Rice
 Yogurt & Graham Crackers
 Romaine Salad
 Sliced Cucumbers
 Grapes
 Pears
 Ranch Dressing

9
Green (Chicken) Pozole w/Tortilla Chips
 Yogurt & Graham Crackers
 Shredded Cabbage
 Grape Tomatoes
 Lemon Slices
 Jicama Sticks
 Mixed Fruit

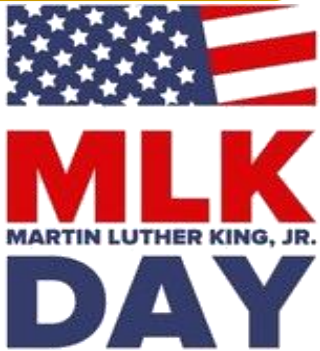
10
Mac & Cheese w/Roll
 Yogurt & Graham Crackers
 Green Beans
 Apples
 Pears
 Ranch Dressing

14
Roasted Chicken w/Roll
 Yogurt & Graham Crackers
 BBQ Beans
 Romaine Salad
 Grape Tomatoes
 Bananas
 Ranch Dressing

15
Spaghetti w/Beef Sauce & Breadstick
 Yogurt & Graham Crackers
 Romaine Salad
 Celery Sticks
 Grapes
 Ranch Dressing

16
Turkey Combo Burrito
 Yogurt & Graham Crackers
 Romaine Salad
 Mixed Fruit
 Blueberries
 Jicama Sticks
 Ranch Dressing
 Salsa

17
3-Bean Deluxe Nachos w/Cheese
 Yogurt & Graham Crackers
 Romaine Salad
 Carrot Sticks
 Apples
 Ranch Dressing
 Salsa



21
Cheeseburger
 Yogurt & Graham Crackers
 BBQ Beans
 Romaine Salad
 Carrot Sticks
 Apples
 Ranch Dressing
 Catsup
 Mustard

22
Chicken Alfredo Penne w/Breadstick
 Yogurt & Graham Crackers
 Romaine Salad
 Celery
 Grape Tomatoes
 Grapes
 Mixed Fruit
 Ranch Dressing

23
Domino's Pepperoni Pizza
 Yogurt & Graham Crackers
 Chocolate Cake, Frosted w/Sprinkles
 Romaine Salad
 Jicama Sticks
 Strawberries
 Ranch Dressing

24
Cheesy Ravioli w/Marinara & Breadstick
 Yogurt & Graham Crackers
 Romaine Salad
 Broccoli
 Apples
 Pineapple
 Ranch Dressing

27
Turkey Soft Tacos w/Cheese
 Yogurt & Graham Crackers
 Seasoned Pinto Beans
 Shredded Lettuce
 Grape Tomatoes
 Apples
 Salsa
 Ranch Dressing

28
Teriyaki Beef Dippers w/Rice
 Yogurt & Graham Crackers
 Romaine Salad
 Fresh Broccoli
 Bananas
 Pears
 Ranch Dressing

29
Turkey Gravy w/ Mashed Potatoes & Roll
 Yogurt & Graham Crackers
 Romaine Salad
 Green Beans
 Pears
 Grapes
 Ranch Dressing

30
Red Beef Enchilada Casserole
 Yogurt & Graham Crackers
 Romaine Salad
 Corn
 Orange Slices
 Cool Tropics
 Ranch Dressing

31
Bean & Cheese Pupusa
 Yogurt & Graham Crackers
 Romaine Salad
 Jicama Sticks
 Apples
 Ranch Dressing
 Salsa

JANUARY

This Institution is an Equal Opportunity Provider.