



December 2018

Study Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>More Info... Offered Daily to MS students:</p> <p>*Featured Entrée *Featured Salad *Esta Fiesta Bar Beans & Rice *Featured Deli Selections: Variety of Deli Sandwiches PB&J Sandwiches Pretzel, Yogurt & Cheese Packs *Featured Pizza Selections Cheese Pizza Pepperoni Pizza* Make Your Own Bagel Pizza Manager's Special *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich *Breadstick or Pretzels</p> <p>*Assorted Juice *Assorted Milk 1% White, 1% Chocolate Skim: Vanilla, Strawberry</p> <p>Additional Weekly Grill Options: Spicy Chicken Sandwich Popcorn Chicken Chicken Tenders Hot Dog *May contain pork</p> <p>Lunch Prices MS/ES: Full Priced: \$2.90/\$2.65 Reduced: \$.40/\$.40</p> <p>Menus are subject to change without notice.</p>
3 (2) Fish Sticks Egg Chef Salad PB&J Sandwich Dinner Roll French Fries Fresh Tomato Wedges Assorted Fruits	4 Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits	5 National Comfort Food Day! Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	6 Chicken Parmesan Melt Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits	7 Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits	
10 (3) Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	11 Chicken & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	12 Orange PopChix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	13 Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits	14 Pepperoni or Cheese Pizza* Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits	
17 (4) Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits	18 Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits	19 Breaded Chix Drumstick Cham Chef Salad PB&J Sandwich Dinner Roll Pinto Kickin Beans Fresh Tomato Wedges Assorted Fruits	20 Happy Holidays! Oven Roasted Turkey Popcorn Chix Salad PB&J Sandwich Stuffing Gravy and/or Dinner Roll Green Beans Mashed Maple Sweet Potatoes Assorted Fruits	21 Winter Break 	
24 (5) Winter Break 	25 Winter Break 	26 Winter Break 	27 Winter Break 	28 Winter Break 	
31 (1) Winter Break 	<div style="border: 2px solid black; background-color: yellow; padding: 5px; text-align: center;"> <p>Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</p> </div>				

Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."

Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

- What is a Reimbursable Lunch?**
 Must choose 3 components with one being ½ cup fruit or vegetable.
1. Whole Grain
 2. Fruit
 3. Vegetable
 4. Meat/Meat Alternate
 5. Milk-1%, Skim

