

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.

January 2019

Middle School Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
(1)		1 No School	2 No School	3 Country Chix Nugget Bowl PB&J Sandwich Dinner roll/Gravy Mashed Potatoes Corn Assorted Fruits	4 General Tso Popcorn Chix w. Broccoli PB&J Sandwich Dinner roll/Plain Rice Steamed Broccoli Green Beans Assorted Fruits	More Info... Offered Daily: *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* *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich *Breadstick or Pretzels *Assorted Milk 1% White, 1% Chocolate Skim: Vanilla, Strawberry Additional Weekly Grill Options: Spicy Chicken Sandwich Popcorn Chicken Chicken Tenders Hot Dog *May contain pork **Chicken Ham Lunch Prices: Full Priced: \$2.90 Reduced: \$.40 Menus are subject to change without notice.
(2)	7 Fish Sticks PB&J Sandwich Dinner Roll French Fries Steamed Carrots Assorted Fruits	8 National Hot Dog Day! Salisbury Steak Popcorn Chicken Salad Hot Dog on Bun PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	9 Beef Ravioli Chicken Caesar Salad PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits	10 Chicken Parmesan Melt Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits	11 Creamy Ital. Rice w. Popcorn Chix & Marinara Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits	
(3)	14 Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	15 Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	16 Orange Popcorn Chix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	17 Salisbury Steak Egg Chef Salad PB&J Sandwich Dinner Roll/ Gravy Mashed Potatoes Fresh Broccoli Garden Salad Assorted Fruits	18 Chix & Chz Penne Bake Chix Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Assorted Fruits	
(4)	21 MLK Jr. Day	22 Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits	23 Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits	24 Teriyaki Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits	25 Country Popcorn Chix Bowl Egg Chef Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits	
(5)	28 Beef Soft Tacos Turkey & Chz Salad PB&J Sandwich Dinner Roll Black Charro Beans Garden Salad Assorted Fruits	29 Swt & Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner Roll/Plain Rice Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits	30 Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	31 Breaded Fish Melt Ham Chef Salad* PB&J Sandwich Dinner Roll Garden Salad Baked Beans Assorted Fruits		

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

