



# January

2019

## Discovery-Phelps-OTC LUNCH MENU

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

(1)		<b>1</b> No School	<b>2</b> No School	<b>3</b> Grilled Chix Sandwich Cheeseburger Baked Beans Steamed Spinach Sweet Potato Bites Assorted Fruits	<b>4</b> Country Popcorn Chicken Bowl Fish Patty Sandwich Dinner Roll/Gravy Mashed Potatoes Corn Assorted Fruits
(2)	<b>7</b> Wing Bar Hot Dog on Bun Dinner Roll French Fries Steamed Carrots Assorted Fruits	<b>8</b> Pasta Bar Chicken Patty Sandwich Steamed Broccoli Fresh Cucumber Slices Assorted Fruits	<b>9</b> Salisbury Steak Grilled Chix Sandwich Dinner Roll Mashed Potatoes Green Beans Assorted Fruits	<b>10</b> Chicken Parmesan Melt Fish Patty Sandwich Campfire Chipotle Beans Baby Carrots Assorted Fruits	<b>11</b> Spicy Popcorn Chicken Bowl Cheeseburger Dinner Roll Steamed Broccoli Red Pepper Strips Assorted Fruits
(3)	<b>14</b> Grilled Ham & Chz Melt Hot Dog Corn Baby Carrots Assorted Fruits	<b>15</b> Corn Dog Pasta Bar Dinner Roll Green Beans Fresh Cucumber Slices Assorted Fruit Bar	<b>16</b> Nacho Chz Walking Taco Cheeseburger Dinner Roll Fresh Broccoli Red Pepper Strips Assorted Fruits	<b>17</b> Asian Bar Spicy Chicken Sandwich Black Charro Beans Garden Salad Assorted Fruits	<b>18</b> Ranch Chix & Chz Panini Pepperoni Pizza Sweet Potato Bites Fresh Zucchini Assorted Fruits
(4)	<b>21</b> MLK Jr. Day	<b>22</b> Pasta Bar Hot Dog on Bun Baby Carrots Pinto Kickin Beans Assorted Fruits	<b>23</b> Breaded Chix Drumstick Grilled Chix Sandwich Dinner Roll Gravy Mashed Potatoes Orange Glazed Carrots Assorted Fruits	<b>24</b> Meatball Sub Chicken Patty Sandwich Pinto Kickin Beans Baby Carrots Assorted Fruits	<b>25</b> Wing Bar Cheeseburger Steamed Broccoli Red Pepper Strips Assorted Fruits
(5)	<b>28</b> Salisbury Steak Beef Nachos Dinner Roll/Gravy Mashed Potatoes Fresh Broccoli Assorted Fruits	<b>29</b> Pasta Bar Chicken Patty Sandwich Green Beans Red Pepper Strips Assorted Fruits	<b>30</b> Buffalo Chicken Sandwich Cheeseburger Swt Potato Fries Fresh Zucchini Assorted Fruits	<b>31</b> BBQ Rib Sandwich Grilled Chix Sandwich BBQ Chipotle Black Beans Green Beans Assorted Fruits	

**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

**PRICES**  
 Lunch: \$2.90  
 Reduced: \$0.40

Vision: "Deliver experiences that enrich and nourish lives."



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."

Menus are subject to change without notice.

