



# January 2019

## Study Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
(1)		<b>1</b> No School	<b>2</b> No School	<b>3</b> Country Popcorn Chix Bowl PB&J Sandwich Dinner roll Mashed Potatoes Corn Assorted Fruits	<b>4</b> Pepperoni or Cheese Pizza* PB&J Sandwich Dinner roll Steamed Broccoli Green Beans Assorted Fruits	<b>More Info...</b> <b>Offered Daily to MS students:</b>  *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  *Assorted Juice *Assorted Milk 1% White, 1% Chocolate Skim: Vanilla, Strawberry  <b>Additional Weekly Grill Options:</b> Spicy Chicken Sandwich Popcorn Chicken Chicken Tenders Hot Dog *May contain pork  <b>Lunch Prices MS/ES:</b> Full Priced: \$2.90/\$2.65 Reduced: \$.40/\$.40  Menus are subject to change without notice.	
		<b>7</b> Fish Sticks PB&J Sandwich Dinner Roll French Fries Steamed Carrots Assorted Fruits	<b>8</b> National Hot Dog Day! Beef Ravioli Chicken Caesar Salad Hot Dog on Bun PB&J Sandwich Dinner Roll Maple Mashed Swt Potatoes Garden Salad Assorted Fruits	<b>9</b> Salisbury Steak Popcorn Chicken Salad PB&J Sandwich Dinner Roll/Gravy Mashed Potatoes Fresh Cucumber Slices Assorted Fruits	<b>10</b> Chicken Parmesan Melt Dinner Roll Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits		<b>11</b> Pepperoni or Cheese Pizza* Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits
(2)	<b>14</b> Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	<b>15</b> Chicken & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	<b>16</b> Orange PopChix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	<b>17</b> Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits	<b>18</b> Pepperoni or Cheese Pizza* Chicken Caesar Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits		
(3)	<b>21</b> MLK Jr. Day	<b>22</b> Pizza Chix Meatball Sub Chix Caesar Salad PB&J Sandwich Dinner Roll Glazed Orange Carrots Green Peas Assorted Fruits	<b>23</b> Breaded Chix Drumstick Cham Chef Salad PB&J Sandwich Dinner Roll Pinto Kickin Beans Fresh Tomato Wedges Assorted Fruits	<b>24</b> Teriyaki PopChix w. Broccoli Popcorn Chix Salad PB&J Sandwich Plain Rice Dinner Roll Pinto Kickin Beans Baby Carrots Assorted Fruits	<b>25</b> Pepperoni or Cheese Pizza* Cham** Chef Salad PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits		
(4)	<b>28</b> Beef Soft Tacos Turkey & Chz Salad PB&J Sandwich Dinner Roll Black Charro Beans Garden Salad Assorted Fruits	<b>29</b> Swt & Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner Roll Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits	<b>30</b> Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	<b>31</b> Breaded Fish Melt Ham Chef Salad* PB&J Sandwich Dinner Roll Garden Salad Baked Beans Assorted Fruits			
(5)							

**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.

**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

