

SHS CYCLE MENU January 2018

1/1	1/2	1/3	1/4	1/5
<b>NO SCHOOL HAPPY NEW YEAR</b>	<b>LUNCH</b> Chicken Tenders, Pilaf Rice, Veggie & Fruit	<b>LUNCH</b> All Beef Hot Dog on a Whole Wheat, Roll, Baked Potato Chips, Veggie & Fruit	<b>LUNCH</b> Pasta Alfredo, Bread Sticks, Spinach Salad & Fruit	<b>LUNCH</b> Cheese or Pepperoni Pizza, Tomato/Cucumber Slices & Fruit
<b>1/8</b>	<b>1/9</b>	<b>1/10</b>	<b>1/11</b>	<b>1/12</b>
<b>LUNCH</b> Hamburger /Cheeseburger on a Whole Wheat Roll, Baked Potato Chips & Fruit	<b>LUNCH</b> Popcorn Chicken Tatar Tot Potatoes, Veggie & Fruit	<b>LUNCH</b> UPSIDEDOWN DAY French Toast Sticks, Sausage Links, Baby Cake Potatoes & Fruit	<b>LUNCH</b> Meatball Grinders. Texas Potato Crispers, Carrot Sticks & Fruit	<b>LUNCH</b> Cheese Pizza, Tossed Salad & Fruit
<b>1/15</b>	<b>1/16</b>	<b>1/17</b>	<b>1/18</b>	<b>1/19</b>
<b>NO SCHOOL MLK DAY</b>	<b>LUNCH</b> Chicken Nuggets, Baked French Fries, Veggie & Fruit	<b>LUNCH</b> Baked Turkey Slices, Mashed Potatoes, Gravy, Veggie & Fruit	<b>LUNCH</b> Cheese Ravioli, Bread Sticks, Tomato / Cucumber Slices & Fruit	<b>LUNCH</b> French Bread Pizza, Tossed Salad & Fruit
<b>1/22</b>	<b>1/23</b>	<b>1/24</b>	<b>1/25</b>	<b>1/26</b>
<b>LUNCH</b> Grilled Cheese Sandwich, Tomato Soup, Goldfish Crackers, Veggie & Fruit	<b>LUNCH</b> Chicken Patties on a Whole Wheat Roll, Baked Potato Chips, Veggie & Fruit	<b>LUNCH</b> UPSIDEDOWN DAY Pancakes, Bacon Slices, Syrup, Baby Cake Potatoes & Fruit	<b>LUNCH</b> Meatballs & Spaghetti, Bread Sticks, House Salad, Fruit & Sugar Cookie	<b>LUNCH</b> Sausage or Cheese Pizza, Carrot Sticks, Chocolate Pudding & Oreo Cookies
<b>1/29</b>	<b>1/30</b>	<b>1/31</b>		
<b>LUNCH</b> UP SIDE DOWN DAY Bacon, Egg & Cheese on a Bagel, Baby Cake Potatoes & Fruit	<b>LUNCH</b> Corn Dog, Chili w/ Beans, Goldfish Crackers, Veggie & Fruit	<b>LUNCH</b> Vegetable Egg Roll, Chicken Breast Fajita on a W/W Taco Shell, Cheese, Sour Cream, Lettuce, Tomato, Salsa & Fruit		
<b>BREAKFAST ALTERNATE:</b> Cold Cereal				
<b>LUNCH ALTERNATE:</b> #1 Peanut Butter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad				

Note 1: Fresh fruit and other snacks are available every day at the snack counter.

Note 2: 1% milk is available and is payable by separate check.