

SHS CYCLE MENU January 2019

	1/1	1/2	1/3	1/4
	<u>NO SCHOOL</u>	<u>LUNCH</u> Hot Dogs, Whole Wheat Rolls, Chili W/Beans, Baked Potato Chips, Dill Pickle, & Fruit	<u>LUNCH</u> Bow Tie Pasta W/WO Sauce, Bread Sticks, House Salad & Fruit	<u>LUNCH</u> Pizza Stick or French Toast Pizza, Tomato Soup, Goldfish Crackers, Tomatoe/Cucumber Slices & Fruit
1/7	1/8	1/9	1/10	1/11
<u>LUNCH</u> Hamburger /Cheeseburger, Baked Potato Chips, Dill Pickle, Yogurt & Fruit	<u>LUNCH</u> Popcorn Chicken, Baked French Fries, Veggie & Fruit	<u>LUNCH</u> UPSIDE DOWN DAY French Toast Sticks, Linked Breakfast Sausage, Baby Cake Potatoes, Syrup & Fruit	<u>LUNCH</u> Pasta Ravoli W/ Cheese, W/WO Sauce, Bread Sticks, Veggie & Fruit	<u>LUNCH</u> Corn Dog, Chili W/Beans, Baked Potato Chips, Carrot Sticks & Fruit
1/14	1/15	1/16	1/17	1/18
<u>LUNCH</u> UPSIDE DOWN DAY Bacon, Egg & Cheese on a Biscuit, Baby Cake Potatoes, Apple Turnover & Fruit	<u>LUNCH</u> Chicken Nuggets, Pilaf Rce, Veggie, Yogurt & Fruit	<u>LUNCH</u> Turkey/Bacon Sub., Baked French Fries, Chocolate Chip Cookies, Veggie & Fruit	<u>LUNCH</u> Meatballs & Spaghetti, W/WO Sauce, Bread Sticks, Tossed Salad & Fruit	<u>LUNCH</u> PhillyCheese Steak Sub., Smiley Face Potatoes, Chocolate Pudding, Veggie & Fruit
1/21	1/22	1/23	1/24	1/25
<u>NO SCHOOL</u> <u>MLK</u>	<u>LUNCH</u> Chicken Tenders, Scalloped Potatoes, Veggie & Fruit	<u>LUNCH</u> Meatloaf, Mashed Potatoes,W/WO Gravy, Veggie & Fruit	<u>LUNCH</u> Pasta Alfredo, Bread Sticks, House Salad, Fruit & Sugar Cookies	<u>LUNCH</u> Meatball Grinder, Mac & Cheese Wedges. Veggie & Fruit
1/28	1/29	1/30	1/31	
<u>LUNCH</u> UPSIDE DOWN DAY Pancakes, Bacon Slices, Baby Cake Potatoes, Syrup & Fruit	<u>LUNCH</u> Popcorn Chicken, Egg Noodles w/wo Chicken Gravy, Veggie & Fruit	<u>LUNCH</u> Grilled Cheese Sandwich, Chicken Noodle Soup, Goldfish Crackers, Fruit & Ice Cream Sandwich	<u>LUNCH</u> Nacos, Tortilla Chips, Seasoned Beef, Cheese Sauce, Lettuce, Tomatoes, Salsa, Sour Cream, Fruit & Oreo Cookie	
REAKFAST ALTERNATE: Cold Cereal				
LUNCH ALTERNATE: #1 Peanut Butter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad				

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

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