

BURLINGTON PUBLIC SCHOOLS HIGH SCHOOL LUNCH MENU

January

2019

We aim to provide our students with vitamins & key nutrients essential for growth by offering a wide variety of **fruits** and **vegetables** in various colors.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast Available Daily</u></p> <p><i>Fruit Smoothie, Yogurt Parfait, Breakfast Muffins, Bagels</i> Includes Milk, Fruit, Fruit Juice</p>	<p>1 NO SCHOOL</p> 	<p>2 Steak & Cheese Sub w/Oven Fries Steamed Green Beans Sweet Peach Cup OPEN GRILL Hamburgers, Hot Dogs</p>	<p>3 Chicken Fajita Quesadilla Seasoned Rice, Vegetable Medley (Peas & Carrot Mix) Pear Cup Deli – Chicken Salad Wrap</p>	<p>4 Pizza Party Homemade Gill's Pizza Tossed Garden Salad Mixed Up Fruit Cups</p>
<p>7 Creamy Mac & Cheese or Buffalo Mac & Cheese Warm Dinner Roll Steamed Green Beans Blueberries w/Topping</p>	<p>8 Popcorn Chicken Sweet Potato Fries Steamed Carrots Strawberries w/Topping Deli – Buffalo Chicken Wrap</p>	<p>9 Homemade Meatloaf Creamy Mashed Potatoes, Sweet Golden Corn, Warm Dinner Roll, & Warm Apple Crisp OPEN GRILL Hamburgers, Hot Dogs</p>	<p>10 BBQ Rib Dinner Dinner Roll Potato Salad Steamed Squash Diced Peach Cup Deli – Turkey Club Wrap</p>	<p>11 Pizza Party Homemade Sal's Pizza Tossed Garden Salad Roasted Garbanzo Beans Mixed Up Fruit Cups</p>
<p>14 Meatball Sub Cape Cod Chips Steamed Green Beans Diced Pear Cup FREE- Pudding w/Topping</p>	<p>15 Burlington Sampler (2 Mozzarella Cheese Sticks & 3 Chicken Nuggets) Oven Wedge Fries Sweet Sliced Peach Cup Deli – Tuna Salad</p>	<p>16 Nacho Grande Seasoned Ground Beef Lettuce, Tomato & Cheese, Tortilla Chips & Salsa Sweet Golden Corn Blueberries w/Topping OPEN GRILL Hamburgers, Hot Dogs</p>	<p>17 Baked BBQ Chicken Dinner Wild Rice, Glazed Carrots, Warm Dinner Roll Strawberries w/ Topping Deli – BLT</p>	<p>18 Assorted Calzones Classic Caesar Salad Roasted Garbanzo Beans Mixed Up Fruit Cups</p>
<p>21 NO SCHOOL MARTIN LUTHER KING DAY</p>	<p>22 Chicken Tenders Oven Roasted Potatoes Sweet Golden Corn Strawberries w/Topping Deli – Buffalo Chicken Wrap</p>	<p>23 BBQ Pulled Pork BBQ Baked Beans Homemade Applesauce Steamed Squash OPEN GRILL Hamburgers, Hot Dogs</p>	<p>24 Chicken Fajita or Fish Tacos Salsa, Sour Cream, Seasoned Rice, Sweet Peas Fresh Crisp Apple Deli – Chicken Salad Wrap</p>	<p>25 Pizza Party Homemade WG Gill's Pizza Kale Chips Mixed Up Fruit Cups</p>
<p>28 Italian Style Pasta (sauce or buttered) w/Meatballs Warm Garlic Bread Steamed Green Beans Warm Cinnamon Apple Slices</p>	<p>29 Pork Chop Dinner Pork Chop, Mashed Potato, Applesauce & Corn Dinner Roll Warm Blueberry Crisp Deli – Tuna Salad Wrap</p>	<p>30 Mexican Bowls w/Rice Beans, Choice of Ground Beef, Pork or chicken, w/sides, Mixed Fruit Cup OPEN GRILL Hamburgers, Hot Dogs</p>	<p>31 Burlington Sampler (2 Mozzarella Cheese Sticks & 3 Chicken Nuggets) Oven Fries Deli – BLT</p>	



All meals are served with a variety of fruits and veggies, whole grains, low fat milk and protein. Menus are subject to change occasionally without notice. Menu items are always subject to availability. This institution is an equal opportunity provider.