

**DPS 2018-19**

**Dalton High School**

**Jan 7-11**

**International  
Tuesday**

Walking Taco  
Steamed Corn  
Pico de Gallo  
Shredded Lettuce  
Fresh Fruit

**Southern Chow  
Tuesday**

Roasted Chicken w/ Roll  
Mashed Potato  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Hot & Spicy  
Tuesday**

Cheese Nachos  
Fresh Pico  
Shredded Lettuce  
Refried Beans  
Fresh Fruit

**Grill  
Tuesday**

Pizza  
Marinara Sauce  
Steamed Corn  
Leafy Green Salad  
Fresh Fruits  
Boxed Sandwich

**Wednesday**

Cheese Sticks  
Marinara Sauce  
Steamed Corn  
Cucumber Salad  
Fresh Fruit

**Wednesday**

Cheese Sticks  
Marinara Sauce  
Steamed Corn  
Cucumber Salad  
Fresh Fruit

**Wednesday**

Fajita Nachos w/ Rice  
Salsa  
Sauteed Peppers  
& Onions  
Shredded Lettuce  
Fresh Fruit

**Wednesday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Cucumber Salad  
Fresh Fruit  
Yogurt Box Choice

**Thursday**

Chili Fries  
Garlic Toast  
Pico de Gallo  
Steamed Broccoli  
Fresh Fruit

**Thursday**

Hot Dogs  
Baked Beans  
Slaw  
Pickle Relish  
Fresh Fruit

**Thursday**

Pork BBQ Nachos  
Pico de Gallo  
Corn  
Shredded Lettuce  
Fresh Fruit

**Thursday**

Pizza  
Marinara Sauce  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Friday**

Chicken Tender  
Toast  
Pinto Beans  
Sweet Potato Fries  
Leafy Green Salad  
Fresh Fruit

**Friday**

Chicken Tender  
Toast  
Pinto Beans  
Sweet Potato Fries  
Leafy Green Salad  
Fresh Fruit

**Friday**

Beef Nachos  
Salsa  
Lettuce / Cheese  
Refried Beans  
Fresh Fruit

**Friday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Carrot Stick w/ Dip  
Fresh Fruit  
Yogurt Box Choice

**Jan 14-18**

**DHS**

**Monday**

Chicken Alfredo w/ Roll  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Monday**

Hamburger Patty  
Gravy  
Roll  
Creamy Mashed Potato  
Green Beans  
Fresh Fruit

**Monday**

Chicken Fajita  
Rice  
Sauteed Onion/Pepper  
Salsa  
Fresh Fruit

**Monday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Black Bean Salad  
Fresh Fruit  
Yogurt Box Choice

**Tuesday**

Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Walking Taco  
Shredded Lettuce  
Cheese  
Pico de Gallo  
Fresh Fruit

**Tuesday**

Pizza  
Marinara Sauce  
Cucumber Salad  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Wednesday**

Boneless BBQ Wings  
Fresh Broccoli w/ Ranch

**Wednesday**

Boneless BBQ Wings  
Fresh Broccoli w/ Ranch

**Wednesday**

Cheese Nachos  
Pinto Beans

**Wednesday**

Chicken Sandwich  
Cheeseburger

Celery/Carrot Sticks  
Baked Beans  
Fresh Fruit

Celery/Carrot Sticks  
Baked Beans  
Fresh Fruit

Fresh Pico  
Shredded Lettuce  
Fresh Fruit

Lettuce/Tomato/Onion/Pickle  
Steamed Broccoli  
Fresh Fruit  
Yogurt Box Choice

**Thursday**

Spaghetti Bake  
Garlic Toast  
Steamed Corn  
Leafy Green Salad  
Fresh Fruit

**Thursday**

Country Fried Steak w/Grav  
Biscuits  
Mashed Potato  
Green Beans  
Fresh Fruit

**Thursday**

BBQ Nachos  
Pico de Gallo  
Slaw  
Corn  
Fresh Fruit

**Thursday**

Pizza  
Marinara Sauce  
Leafy Green Salad  
Rosted Garbanzo Beans  
Fresh Fruit  
Boxed Sandwich

**Friday**

Chicken Tenders  
Roll  
Steamed Broccoli  
Carrot-Raisin Salad  
Fresh Fruit  
Leafy Green Salad

**Friday**

Chicken Tenders  
Roll  
Steamed Broccoli  
Carrot-Raisin Salad  
Fresh Fruit  
Leafy Green Salad

**Friday**

Beef Nachos  
Shredded Lettuce  
Cheese  
Fresh Pico  
Pinto Beans  
Fresh Fruit  
Leafy Green Salad

**Friday**

Chicken Tenders  
Roll  
Steamed Broccoli  
Carrot-Raisin Salad  
Fresh Fruit  
Leafy Green Salad

**Week B - Jan 22-25**

**DHS**

**Monday**

NO SCHOOL

**Monday**

NO SCHOOL

**Monday**

NO SCHOOL

**Monday**

NO SCHOOL

**Tuesday**

Walking Taco  
Shredded Lettuce/Cheese  
Pico de Gallo  
Refried Beans  
Fresh Fruit

**Tuesday**

Chicken Casserole  
Roll  
Glazed Carrots  
Steamed Broccoli  
Fresh Fruit

**Tuesday**

Cheese Nachos  
Pinto Beans  
Fresh Pico  
Shredded Lettuce  
Fresh Fruit

**Tuesday**

Pizza  
Marinara Sauce  
Broccoli Salad  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Wednesday**

Corndog  
Potato Fries  
Green Beans  
Leafy Green Salad  
Fresh Fruit

**Wednesday**

Country Fried Steak  
Biscuits & Gravy  
Mashed Potato  
Green Beans  
Fresh Fruit

**Wednesday**

Fajita Nachos  
Rice, Salsa  
Sautéed Pepper & Onion  
Pinto Beans  
Fresh Fruit

**Wednesday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickles  
Veggie Fries  
Fresh Fruit  
Yogurt Box

**Thursday**

Cheeseburger  
Lettuce/Tomato/Onion  
Sweet Potato Fries  
Leafy Green Salad  
Fresh Fruit

**Thursday**

Hot Dog  
Baked Beans  
Slaw  
Sweet Potato Fries  
Fresh Fruit

**Thursday**

Chicken Tortilla Soup  
Nacho Chips  
Cilantro  
Shredded Cheese  
Sour Cream  
Fresh Fruit

**Thursday**

Pizza  
Marinara Sauce  
Roasted Garbanzo Beans  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Friday**

Chicken Tenders  
Roll  
Roasted Squash  
Pinto Beans

**Friday**

Chicken Tenders  
Roll  
Roasted Squash  
Pinto Beans

**Friday**

Beef Nachos  
Shredded Lettuce  
Cheese  
Salsa

**Friday**

Chicken Sandwich  
Cheeseburger  
Potato Fries  
Leafy Green Salad

Fresh Fruit  
Leafy Green Salad

Fresh Fruit  
Leafy Green Salad

Refried Beans  
Fresh Fruit

Fresh Fruit  
Yogurt Box

Jan 28-Feb1

**Monday**

Spaghetti w/ Toast  
Steamed Corn  
Leafy Green Salad  
Fresh Fruit

**Monday**

Chicken Patty w/ Gravy  
Garlic Toast  
Steamed Broccoli  
Mashed Potato  
Fresh Fruit

**Monday**

Cheese Nachos  
Pico de Gallo  
Steamed Corn  
Shredded Lettuce  
Fresh Fruit

**Monday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickle  
Carrot Stick w/ Dip  
Fresh Fruit  
Yogurt Box Choice

**Tuesday**

Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Sweet & Sour Chicken  
Rice, Egg Roll  
Oriental Veggies  
Leafy Green Salad  
Fresh Fruit

**Tuesday**

Walking Taco  
Shredded Lettuce  
Cheese  
Pico de Gallo  
Black Bean Salad  
Fresh Fruit

**Tuesday**

Pizza  
Marinara Sauce  
Carrot/Celery Stick w/dip  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Wednesday**

Country Fried Steak  
Gravy  
Biscuits  
Mashed Potato  
Glazed Carrots  
Fresh Fruit

**Wednesday**

Country Fried Steak  
Gravy  
Biscuits  
Mashed Potato  
Glazed Carrots  
Fresh Fruit

**Wednesday**

Fajita Nachos  
Rice  
Sauteed Pepper & Onion  
Salsa  
Pinto Beans  
Fresh Fruit

**Wednesday**

Chicken Sandwich  
Cheeseburger  
Lettuce/Tomato/Onion/Pickles  
Steamed Broccoli  
Fresh Fruit  
Yogurt Box

**Thursday**

Lasagna w/ Toast  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Thursday**

Lasagna w/ Toast  
Steamed Broccoli  
Leafy Green Salad  
Fresh Fruit

**Thursday**

Pork Carnitas  
Soft Tortillas  
Cilantro,Lime,Onion  
Pico de Gallo  
Shredded Lettuce  
Fresh Fruit

**Thursday**

Pizza  
Marinara Sauce  
Steamed Corn  
Leafy Green Salad  
Fresh Fruit  
Boxed Sandwich

**Friday**

Chicken Tenders  
Roll  
Roasted Squash  
Pinto Beans  
Fresh Fruit  
Leafy Green Salad

**Friday**

Chicken Tenders  
Roll  
Roasted Squash  
Pinto Beans  
Fresh Fruit  
Leafy Green Salad

**Friday**

Beef Nachos  
Shredded Lettuce  
Cheese  
Salsa  
Refried Beans  
Fresh Fruit

**Friday**

Chicken Sandwich  
Cheeseburger  
Black Bean Salad  
Leafy Green Salad  
Fresh Fruit  
Yogurt Box