




STEELE HIGH SCHOOL		JANUARY					
		Winter Break	1	Winter Break	2	Winter Break	3
<p><i>Lunch price of \$3.50 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>							
		6	7	8	9	10	11
Waffle fries or baked Potato topped	Mexican Straw Hats	Sriracha chicken	Lasagna with meat sauce w/breadstick or	BBQ pork or Toasted Cheese			
Pulled pork or Chili and toppings or	Fritos with meat beans and cheese	Brown rice or lo mein noodles	Ravioli	Sweet Potato & Regular Tater Tots			
Meatloaf Sandwich	Shredded lettuce and toppings	Stir fry vegetables	Sicilian vegetables	Tomato soup with			
waffle fries	or Taco Salad Bowl	Fortune Cookies	Salad bar	Spicy Crackers			
Salad Bar	Snickerdoodle Cookie	Salad bar	Fruit bar	Salad bar			
Fruit Bar	Salad and Fruit bar	Fruit bar	Milk	Fruit bar			
Milk	Milk	Milk		Milk			
		13	14	15	16	17	18
Chicken tenders	Chicken quesadillas	Cherry blossom chicken	Spaghetti with meatballs or	Comet Patty Bar			
Mashed potatoes	Fiesta rice and beans, WG tortilla	Brown rice or lo mein noodles	Chicken Parmesan	Spicy grilled or breaded chicken			
Sweet potato soufflé	Chips and Salsa	Sesame broccoli	Italian green beans	Comet Stars			
Apple crisp	Snickerdoodle cookie	fortune cookies	WG cheese bosco stick	Toppings Bar			
Salad bar	Salad Bar	Salad bar	Salad bar	Salad Bar			
Fruit bar	Fruit Bar	Fruit bar	Fruit bar	Fruit Bar			
Milk	Milk	Milk	Milk	Milk			
<p>Martin L. King Jr Day</p> 		20	21	22	23	24	25
		Beefy cheese nachos or	Sweet Chili Thai chicken	Hot Italian sub sandwich or	Cavatappi mac and three cheese w		
		Taco salad bar	Brown rice or	Italian toasted cheese	Whole grain dinner roll or		
		Snickerdoodle cookie	Lo Mein noodles	Tomato basil soup w/spicy goldfish	Loaded Footlong with baked beans		
		Refried beans	Stir fry vegetables, Fortune cookies	Spiral fries	French Fries		
		Salad Bar	Salad bar	Salad bar	Salad Bar		
		Fruit Bar	Fruit bar	Fruit bar	Fruit Bar		
		Milk	Milk	Milk	Milk		
		27	28	29	30	31	
Chicken Tenders	Chipotle chicken or beef	Tangerine chicken	Fettuccine w/ Chicken Alfredo or	Comet Burger Bar			
Mashed Potatoes, carrot coins	Cilantro rice, black beans	Asian brown rice or Lo mein	Lasagna rolls	Seasoned potato wedges			
Berry Crisp	Corn, salsa and cheese	Noodles, fortune cookie	Sugar snap peas	Topping Bar to include chili, cheese			
Eight Grain dinner roll	Snickerdoodle cookie	Sesame broccoli	WG dinner roll	lettuce, onions, pickles			
Salad Bar	Salad bar	Salad bar	Salad bar	Salad Bar			
Fruit Bar	Fruit bar	Fruit bar	Fruit bar	Fruit Bar			
Milk	Milk	Milk	Milk	Milk			
<p>This institution is an equal opportunity provider and employer</p>							
<p>Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs: deanne_pastva@amherstk12.org</p>							