

# Piedmont High School Menu

January 3-January 7

Our menus are aligned with the USDAs Healthier U.S.  
School Challenge.

## SIDES

**A MINIMUM OF 3 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals. Menus subject to change based on product availability.

All Meals FREE to Students!!!

## Daily Special

*January Fresh Pick: Pears*

## FAVORITES

<b>MONDAY</b>	No School Professional Day
<b>TUESDAY</b>	Pancakes and Scrambled Eggs
<b>WEDNESDAY</b>	See GRILL
<b>THURSDAY</b>	Chili and Cornbread with Corn
<b>FRIDAY</b>	Popcorn Chicken Bowl offered with Green Beans and Dinner Roll

**V**

## Daily Special

## GRILL

<b>MONDAY</b>	No School Professional Day
<b>TUESDAY</b>	Chicken Nuggets offered with Dinner Roll & French Fries
<b>WEDNESDAY</b>	See PIZZA
<b>THURSDAY</b>	Cheeseburger or Spicy Chicken Sandwich offered with Spiral Fries
<b>FRIDAY</b>	See PIZZA

## Daily Special

## PIZZA

*Pizzas are made with low sodium sauce,  
low fat cheeses and a whole grain crust*

<b>MONDAY</b>	No School Professional Day
<b>TUESDAY</b>	See GRILL
<b>WEDNESDAY</b>	Pizza of the Month or Pepperoni Pizza
<b>THURSDAY</b>	See GRILL
<b>FRIDAY</b>	Cheeseburger or Cheese Pizza (V)

## Daily Specials

## SALSA

<b>MONDAY</b>	No School Professional day
<b>TUESDAY</b>	See FAVORITES
<b>WEDNESDAY</b>	Beef Enchiladas with Refried Beans
<b>THURSDAY</b>	See FAVORITES
<b>FRIDAY</b>	See FAVORITES

## Daily Specials

## FAST TAKES

*Fast Takes products are made daily using local  
ingredients when seasonally available*

<b>MONDAY</b>	No School Professional Day
<b>TUESDAY</b>	Crispy Chicken Wrap
<b>WEDNESDAY</b>	Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad
<b>FRIDAY</b>	Chef Salad

**V Vegetarian**

**Mindful**

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal  
opportunity provider.*

Nutrition Information is available upon request.

CROSS ROADS  
**CAFE**  
by *sodexo*

# Piedmont High School Menu

## January 10-14

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 3 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals. Menus subject to change based on product availability.

All Meals FREE to Students!!!

### Daily Special

*January Fresh Pick: Pears*

### FAVORITES

<b>MONDAY</b>	Walking Nachos offered with Aztec Corn
<b>TUESDAY</b>	See SALSA
<b>WEDNESDAY</b>	Beefy Mac with Mixed Vegetables
<b>THURSDAY</b>	See SALSA
<b>FRIDAY</b>	Steak Fingers offered with Green Beans, Whipped Potatoes and Dinner Roll

**V**

### Daily Special

### GRILL

<b>MONDAY</b>	Chicken Tenders and Tots
<b>TUESDAY</b>	See PIZZA
<b>WEDNESDAY</b>	Crispy Chicken or Spicy Chicken Sandwich offered with French Fries
<b>THURSDAY</b>	See PIZZA
<b>FRIDAY</b>	Bacon Cheeseburger offered with French Fries

### Daily Special

### PIZZA

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

<b>MONDAY</b>	See GRILL
<b>TUESDAY</b>	Sausage or Pepperoni Pizza
<b>WEDNESDAY</b>	See GRILL
<b>THURSDAY</b>	Cheese (V) or Sausage Pizza
<b>FRIDAY</b>	See GRILL

### Daily Specials

### SALSA

<b>MONDAY</b>	See FAVORITES
<b>TUESDAY</b>	Beef Nachos or Tacos offered with Refried Beans
<b>WEDNESDAY</b>	See FAVORITES
<b>THURSDAY</b>	Beef Nachos or Tacos offered with Refried Beans
<b>FRIDAY</b>	See FAVORITES

### Daily Specials

### FAST TAKES

*Fast Takes products are made daily using local ingredients when seasonally available*

<b>MONDAY</b>	Chicken Bacon Ranch Wrap
<b>TUESDAY</b>	Chicken Bacon Ranch Wrap
<b>WEDNESDAY</b>	Crispy Chicken Salad
<b>THURSDAY</b>	Crispy Chicken Salad
<b>FRIDAY</b>	Protein Power Box (V)

**V**

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CROSS ROADS  
**CAFE**  
by *sodexo*

# Piedmont High School Menu

## January 17-21

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 3 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals. Menus subject to change based on product availability.

All Meals FREE to Students!!!

### Daily Special

#### FAVORITES

<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	See SALSA
<b>WEDNESDAY</b>	Sweet n Sour Chicken offered with Lo Mein and Broccoli
<b>THURSDAY</b>	See SALSA
<b>FRIDAY</b>	Chicken Tenders with Mashed Potatoes & Gravy and Mixed Vegetables

### Daily Special

#### GRILL

<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	Chicken Nuggets and French Fries
<b>WEDNESDAY</b>	See PIZZA
<b>THURSDAY</b>	See PIZZA
<b>FRIDAY</b>	See PIZZA

### Daily Special

#### PIZZA

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

<b>MONDAY</b>	No School-MLK Day
<b>TUESDAY</b>	See GRILL
<b>WEDNESDAY</b>	Pepperoni or Sausage Pizza
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger or Cheese (V) Pizza

### Daily Specials

#### SALSA

<b>MONDAY</b>	No School-MLK Day
<b>TUESDAY</b>	Beef Nachos or Tacos offered with Refried Beans
<b>WEDNESDAY</b>	See FAVORITES
<b>THURSDAY</b>	Beef Nachos or Tacos offered with Refried Beans
<b>FRIDAY</b>	See FAVORITES

### Daily Special

#### FAST TAKES

*Fast Takes products are made daily using local ingredients when seasonally available*

<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad
<b>THURSDAY</b>	Chef Salad
<b>FRIDAY</b>	Protein Power Pack (V)

#### **V Vegetarian**

#### **M Mindful**

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# Piedmont High School Menu

## January 24-28

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

**A MINIMUM OF 3 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals. Menus subject to change based on product availability.

All Meals FREE to Students!!!

### Daily Special

*January Fresh Pick: Pears*

### FAVORITES

<b>MONDAY</b>	Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick
<b>TUESDAY</b>	See SALSA
<b>WEDNESDAY</b>	See SALSA
<b>THURSDAY</b>	French Toast Sticks and Scrambled Eggs offered with Sweet Potato Fries
<b>FRIDAY</b>	Steak Fingers offered with Whipped Potatoes & Gravy, Green Peas and Dinner Roll

### Daily Special

### GRILL

<b>MONDAY</b>	See PIZZA
<b>TUESDAY</b>	Chicken Nuggets offered with French Fries
<b>WEDNESDAY</b>	See PIZZA
<b>THURSDAY</b>	Cheeseburger or Crispy Chicken Sandwich
<b>FRIDAY</b>	See PIZZA

### Daily Special

### PIZZA

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

<b>MONDAY</b>	Sausage or Cheese Pizza
<b>TUESDAY</b>	See GRILL
<b>WEDNESDAY</b>	Hawaiian or Pepperoni Pizza
<b>THURSDAY</b>	See GRILL
<b>FRIDAY</b>	Cheeseburger or Supreme Pizza

### Daily Specials

### SALSA

<b>MONDAY</b>	See FAVORITES
<b>TUESDAY</b>	Beef Nachos or Tacos offered with Refried Beans
<b>WEDNESDAY</b>	Chicken Tacos or Nachos offered with Refried Beans
<b>THURSDAY</b>	See FAVORITES
<b>FRIDAY</b>	See FAVORITES

### Daily Special

### FAST TAKES

*Fast Takes products are made daily using local ingredients when seasonally available*

<b>MONDAY</b>	Chef Salad
<b>TUESDAY</b>	Chef Salad
<b>WEDNESDAY</b>	American Sub Sandwich
<b>THURSDAY</b>	American Sub Sandwich
<b>FRIDAY</b>	Protein Power Pack (V)

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CROSS ROADS  
**CAFE**  
by *sodexo*



# Piedmont Schools Breakfast Menu

# JAN 2022

## MONDAY

3

No School  
Professional Day

## TUESDAY

4

Bacon Scramble  
Breakfast Pizza  
Raisins

## WEDNESDAY

5

French Toast Sticks  
Yogurt  
Juice

## THURSDAY

6

Mini Sausage Pancake Bites  
Diced Peaches

## FRIDAY

7

Blueberry Mini Waffles  
Yogurt  
Juice

Happy New Year! Welcome back to school!

10

Oatmeal Round  
Raisins

11

Pancakes  
Yogurt  
Juice

12

Cheezy Scrambled Eggs  
& Toast  
Pop Tart  
Fresh Banana

13

Mini Strawberry Bagels  
Yogurt  
Juice

14

Breakfast Pizza  
Orange Smiles

Variety of cereal offered daily

17

No School  
Martin Luther King Jr. Day

18

Blueberry Muffin  
Diced Peaches

19

French Toast Sticks  
Yogurt  
Juice

20

Mini Sausage Pancake Bites  
Banana

21

Cinnamon Roll  
Yogurt  
Juice

Make healthy choices!

24

Cinnamon Toast Crunch Bar  
Raisins

25

Pancakes  
Yogurt  
Juice

26

Oatmeal Round  
Orange Smiles

27

Breakfast Taco Roll  
Yogurt  
Juice

28

Cinnamon Roll  
Applesauce

Variety of fat free and low fat milk are offered daily

31

Confetti Pancakes  
Yogurt  
Juice

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