



# MENU

HS Week 21: 01.19.26-01.23.26		Monday	Tuesday	Wednesday	Thursday	Friday
	<div style="background-color: #90EE90; padding: 5px; text-align: center;">All Schools Closed</div> <div style="background-color: #90EE90; padding: 5px; text-align: center;">MLK Jr. Day</div>	<b>Breakfast for Lunch</b> Homemade Fluffy Pancakes Turkey Sausage Triangle Hash Browns With 100 Calorie Pancake Syrup	<b>Asian Chicken</b> Popcorn Chicken Stir-Fry Sauce With Brown Rice Steamed Broccoli	<b>BBQ Glazed Chicken Leg</b> With Mashed Potato & Gravy Dinner Roll	<b>Build a Burger Bar</b> All Beef Patty With Choice of , Cheese Slice, Tomato, Lettuce, Onion and Pickles BBQ Baked Beans	
		Cheese Pizza Pepperoni Pizza Vegetable Pizza	Cheese Pizza Pepperoni Pizza Deluxe Pizza	Cheese Pizza Pepperoni Pizza Ranch Chicken Pizza	Cheese Pizza Pepperoni Pizza Meat Lovers	
		<b>Boneless Wings</b> Celery Sticks Homemade Dinner Roll Assorted Sauces	<b>Chef Salad</b> Chopped Romaine Red Onions, Black Olives, Cheddar Cheese, Hard Boiled Egg, Julienne Turkey And Turkey Ham Bread Stick	<b>Chicken Tenders</b> Carrots Sticks Homemade Bread Stick Assorted Sauces	<b>Boneless Wings</b> Celery Sticks Homemade Dinner Roll Assorted Sauces	
		Hamburger Cheeseburger Cheese Bosco Sticks with Marinara Sauce	Spicy Chicken Filet Sandwich	Hamburger Cheeseburger Mozzarella Sticks with Marinara Sauce	Chicken Filet Sandwich	
		Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	Choice of Seasoned Beef or Chicken Brown Rice, Cauliflower Rice, Black Beans, Pinto Beans, Sautéed Peppers and Onions, Queso, Corn Salsa, Tomato Salsa, Black Olives, Jalapeno Peppers, Shredded Cheese, Shredded Lettuce, and Sour Cream. Tortilla Chips or Tortilla Shells Served Daily	
	Fresh Salad Bar Options <b>Adult Nutri-Bar:</b> Chopped Romaine, Spring Mix, Cucumbers, Mushrooms, Black Olives, Beets, Garbanzo Beans, Tomatoes, Shredded Carrots, Red Onion, Broccoli, Roasted Cauliflower, Green and Red Peppers, Hummus, Pita Bread, Shredded Cheese, Cottage Cheese, Roasted Corn, Cranberries, Sunflower Seeds etc. Items may vary daily. <b>Student Fresh Salad Bar:</b> Chopped Romaine, Cucumbers, Tomatoes, Onions, Black Olives, Garbanzo Beans, Beets, Shredded Carrots, Peppers, Celery, Cranberries, Croutons, etc. Items may vary daily. <b>Freshly Made Grab and Go Entrée Salads, Sub Sandwiches, Hummus Bistro Boxes, and Yogurt Parfaits Available Daily</b>					

Meal Choice Includes: Choice of One Entrée, Two Servings of Fresh Fruit and Vegetables, One Grain, or Bread, and One Low-Fat or Fat Free Milk. Please discuss any food allergy issues concerning your child with the Resident Director. This Institution is an Equal Opportunity Provider

