

Grades 9-12

January 2013

What's new?

Try the *Corn & Black Bean Salad* on the 31<sup>st</sup> and the new *Hummus Veggie Wrap* on the 29<sup>th</sup>! What is hummus? It is a Middle Eastern food made from chickpeas (garbanzo beans), tahini, lemon juice, olive oil, and garlic. Hummus is great source of fiber and many vitamins and minerals. The olive oil provides heart healthy monounsaturated fats.

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\*items served together  
- Milk Served Daily -

Monday

Tuesday

Wednesday

Thursday

Friday

1 2 3 4  
*Winter Recess*

7  
BBQ Pork Riblets\*  
Baked Chicken\*  
Bean & Rice Burrito (V)  
Craisly Turkey Apple Salad  
\*Whole Grain Dinner Roll  
Baked Beans  
Garden Salad  
Orange Wedges  
Pineapple

8  
Broccoli Cheese Minis (V)  
Corn Dog  
Lasagna  
Tuna Wrap  
Snap Peas  
Cucumber & Carrot Sticks  
Apple Slices  
Pears  
Chocolate Chip Cookie

9  
Cheese Omelet or Sausage Patty\*  
\*Mini Blueberry Pancakes or French Toast Sticks  
Turkey or Veggie Wrap (V)  
Deli Roasters  
Broccoli  
Grapes  
Mandarin Oranges

10  
Tuna Sub  
Hot Dog  
Mozzarella Sticks (V)  
Fajita Chicken Salad  
Steamed Carrots  
Green Beans  
Banana  
Applesauce  
Banana Bread

11  
Buffalo Chicken Bites\*  
Chicken Bites\*  
Chik 'N Nuggets (V)  
Ham Salad  
\*Mashed Potatoes/Dinner Roll  
Fresh Veggie Bowl  
Broccoli, Cauliflower & Carrots  
Fresh Fruit  
Fruit Cocktail

14  
Meatball Sub  
Chicken & Veggie Alfredo  
Vegetable Alfredo (V)  
Turkey Salad  
Peas  
Carrot Sticks  
Orange Wedges  
Pineapple  
Banana Bread

15  
Southwest Taco Bowl  
Chicken Parmesan  
Beef or Black Bean (V) Tacos  
Mexican Chicken Salad  
Black Beans  
Green Beans  
Apple Slices  
Peaches

16  
Chicken Fryz  
Philly Cheese Steak Sub  
Buffalo Chicken Wrap  
Cheese Salad (V)  
Garden Salad  
Sweet Potato Crinkles  
Grapes  
Mandarin Oranges  
Carrot Bread

17  
Hamburger  
Grilled Ham & Cheese  
Chicken or Chik'n (V) Patty Sandwich  
Craisly Turkey Apple Salad  
Baked Beans  
Steamed Carrots  
Banana  
Applesauce  
Oatmeal Raisin Cookie

18  
Cheese Pizza (V)  
Pepperoni Pizza  
Chicken & Mini Dumplings  
Ham Salad  
Broccoli  
Tomato & Cucumber Salad  
Fresh Fruit  
Peaches  
Fruit Swirl Cup

21  
**Martin Luther King Jr. Day**  
  
*No School*

22  
Macaroni & Cheese (V)  
Chicken Patty Sandwich  
Ham & Cheese Sub  
Turkey Salad  
Green Beans  
Sweet Potato Crinkles  
Apple Slices  
Peaches  
Fruit Swirl Cup

23  
Chicken Fiesta Wrap  
Meat Nachos  
Black Bean Fiesta Wrap (V)  
Chef Salad  
Tomato & Cucumber Salad  
Broccoli, Cauliflower & Carrots  
Grapes  
Mandarin Oranges

24  
Pasta Pockets (V) & Meatballs (optional)  
Baked Chicken & Roll  
Tuna Salad Sandwich  
Ham Wrap  
Fresh Veggie Bowl  
Corn  
Banana  
Applesauce

25  
**Teacher Work Day**  
  
*No School*

28  
Tuna Tetrizzini  
Cheese Pizza (V)  
Pepperoni Pizza  
Chef Salad  
Garden Salad  
Broccoli, Cauliflower & Carrots  
Orange Wedges  
Pineapple

29  
BBQ Chicken Bites\*  
Chicken Bites\*  
Turkey Salad  
Hummus Veggie Wrap (V)  
\*Mashed Potatoes  
Cucumber & Tomato Salad  
Corn  
Apple Slices  
Pears

30  
Beef or Chicken Stir-Fry  
Chicken Egg Roll & Rice  
Mozzarella Sticks (V)  
Asian Chopped Salad  
Carrot Sticks  
Snap Peas  
Grapes  
Mandarin Oranges  
Fruit Swirl Cup

31  
Chicken or Black Bean (V) Quesadillas  
Beef & Broccoli Bowl  
Mexican Chicken Salad  
Ham Wrap  
Corn & Black Bean Salad  
Broccoli  
Banana  
Applesauce  
Chocolate Chip Cookie

**Did you know?**  
  
Average snowflakes fall at 3.1 mph.

