

JANUARY 2023
High School and L.E.A.P Lunch Menu

Monday 1/2	Tuesday 1/3	Wednesday 1/4 National Spaghetti Day	Thursday 1/5	Friday 1/6
	<p>Lunch Option #1: Steak Fajita Quesadilla with Sour Cream and Salsa</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Seasoned Corn</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Spaghetti and Meatballs with Marinara Sauce</p> <p>Lunch Option #2: Eggplant Parmesan Sub with Mozzarella and Marinara</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Waffle Fries Seasoned Green Beans</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: General Tso's Chicken</p> <p>Lunch Option #2: Teriyaki Salmon</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: Scented Jasmine Rice Asian Blend Vegetables</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Veggie Lovers Pizza on Whole Grain Crust</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli Glazed Carrots</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 1/9	Tuesday 1/10	Wednesday 1/11	Thursday 1/12 National Curry Chicken Day	Friday 1/13
<p>Lunch Option #1: Salisbury Steak</p> <p>Lunch Option #2: Turkey Burger with Swiss on a Whole Grain Bun with Lettuce, Tomato, Ketchup and Mustard</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Barbecue Crispy Chicken Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Mashed Potatoes Steamed Green Beans</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Tuna Salad Sandwich on a Whole Grain Roll with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Fish Garden Salad with Fat Free Ranch Dressing and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Mexican Pinto Beans</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Oven Fried Chicken</p> <p>Lunch Option #2: Grilled Veggie Burger with American Cheese, Lettuce, Tomato, Whole Grain bun, Ketchup and Mustard</p> <p>Sandwich Option #1: Grilled Chicken Caesar Wrap</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Key Largo Vegetables Seasoned Potato Wedges with Ketchup</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Yellow Curry Chicken Breast</p> <p>Lunch Option #2: Turkey Ruben Sandwich</p> <p>Sandwich Option #1: Tuna Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Scented Jasmine Rice Mediterranean Vegetable Blend</p> <p>Today's Fruit: Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Meat Lovers Pizza</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Crispy Baked Tater Tots Steamed Broccoli</p> <p>Today's Fruit: Whole Apple, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 1/16	Tuesday 1/17	Wednesday 1/18	Thursday 1/19	Friday 1/20 National Cheese Lover's Day
<p>No School for Students</p>	<p>No School for Students</p>	<p>Lunch Option #1: Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p>Lunch Option #2: Whole Grain Fish Sticks with Tartar and Ketchup</p> <p>Sandwich Option #1: Roast Beef and Swiss with Lettuce, Tomato on a Pretzel Bun</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Sweet Potato Waffle Fries Seasoned Green Beans</p> <p>Today's Fruit: Diced Pears, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Chicken Pot Pie</p> <p>Lunch Option #2: Grilled Cheeseburger on Wheat Bun with Lettuce, Tomato, Ketchup and Mustard</p> <p>Sandwich Option #1: Turkey and Cheddar with Lettuce, Tomato on a Kaiser Roll</p> <p>Salad Option #1: Caprese Salad over Spinach Vine Ripe Tomatoes, Fresh Mozzarella, Roasted Red Peppers, Red Onions and Basil with a Whole Grain Roll and Fat Free Balsamic</p> <p>Today's Sides: Steamed Baby Carrots Tater Tots</p> <p>Today's Fruit: Mixed Grapes, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Four Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Grilled Cheese on Texas Toast</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli Oven Roasted Potatoes</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>

DECEMBER 2022
High School and L.E.A.P Lunch Menu

Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27
<p>Lunch Option #1: Baked Chicken Parmesan with Mozzarella and Marinara</p> <p>Lunch Option #2: Breaded Eggplant Parmesan with Mozzarella and Marinara</p> <p>Sandwich Option #1: Oven Fried Chicken Sandwich with Lettuce, Tomatoes, and Pickles</p> <p>Salad Option #1: Barbecue Crispy Chicken Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Buttered Penne Pasta Seasoned Peas and Carrots</p> <p>Today's Fruit: Tropical Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Chicken Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Southwest Flank Steak with Avocado Ranch</p> <p>Sandwich Option #1: Tuna Salad Sandwich on a Whole Grain Roll with Lettuce and Tomato</p> <p>Salad Option #1: Tuna Fish Garden Salad with Fat Free Ranch Dressing and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Oven Fried Plantains</p> <p>Today's Fruit: Watermelon, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Meatloaf with Brown Gravy</p> <p>Lunch Option #2: Pub Style Cod Fish Sandwich with Lettuce and Tomato on a Whole Grain Bun with Tarter Sauce</p> <p>Sandwich Option #1: Grilled Chicken Caesar Wrap</p> <p>Salad Option #1: Cobb Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Key Largo Blend Vegetables Mashed Potatoes</p> <p>Today's Fruit: Apple Sauce, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Yankee Pot Roast</p> <p>Lunch Option #2: Pesto Crusted Salmon</p> <p>Sandwich Option #1: Tuna Salad with Lettuce and Tomato on a Kaiser Roll</p> <p>Salad Option #1: Roasted Veggie and Fresh Mozzarella Salad over Greens with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Roasted Root Vegetable Medley Steamed Baby Carrots</p> <p>Today's Fruit: Fresh Fruit Salad, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Cheese Pizza on Whole Grain Crust</p> <p>Lunch Option #2: Barbecue Chicken Pizza</p> <p>Sandwich Option #1: Italian Cold Cut</p> <p>Salad Option #1: Antipasto Salad over Field Greens with Fat Free Italian and a Whole Grain Roll</p> <p>Today's Sides: Steamed Broccoli Oven Roasted Potatoes</p> <p>Today's Fruit: Mandarin Oranges, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>
Monday 1/30	Tuesday 1/31			
<p>Lunch Option #1: Chicken Kiev</p> <p>Lunch Option #2: Country Oven Fried Steak with Sausage Gravy</p> <p>Sandwich Option #1: Ham and American Cheese on Wheat with Lettuce, Tomato, and Honey Mustard</p> <p>Salad Option #1: Chef Salad with Fat Free Vinaigrette and a Whole Grain Roll</p> <p>Today's Sides: Mashed Sweet Potato Steamed Green Beans</p> <p>Today's Fruit: Diced Peaches, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>	<p>Lunch Option #1: Ground Beef Soft Tacos with Shredded Lettuce, Diced Tomato, Shredded Cheese, Sour Cream and Salsa</p> <p>Lunch Option #2: Fiesta Corn and Black Bean Quesadilla with Peppers, Onions, Cheese, Sour Cream and Salsa</p> <p>Sandwich Option #1: Chicken Salad Wrap with Lettuce and Tomato</p> <p>Salad Option #1: Chicken Salad over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p>Today's Sides: Spanish Rice Mexican Pinto Beans</p> <p>Today's Fruit: Apple Slices, 100% Fruit Juice</p> <p>1% Plain or Flavored Milk</p>			