






January 2019



Our salad bar includes: Salad greens, carrots, peppers, cucumbers, corn, beans, broccoli.

Our breakfast menu is posted on the back of the lunch menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Veggie of the Month Broccoli	If your student has food allergies and you have concerns over ingredients of any item on the menu, please contact our Food Services Department for a list of ingredients." 468-2201, ext. 2188			3	4	5
				<i>The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education. MLK Jr</i>		Breakfast is offered daily 
6	7 Veggie Sauce Meat Sauce Whole Wheat Spaghetti Steamed Broccoli	8 Veggie Quesadilla Chicken Quesadilla Brown Rice Salsa	9 Local Beef Shepherd's Pie Lopez Veggie Shepherd's Pie Lopez Wheat Rolls	10 Chicken Vegetable Stew Veggie Stew Cheesy Bread	11 Chicken Tenders Zucchini Tenders Oven Roasted Potatoes	12  We offer milk at every meal
13	14 Chicken Mole Veggie Mole Brown Rice	15 LIFE Pizza Whole Wheat Dough Pepperoni Cheese	16 Pork Fried Rice Veggie Fried Rice Veggie Eggrolls	17 Lopez Whole Wheat Pita Chicken Gyros Lopez White Bean Hummus Tzatziki	18 Sliced Turkey Sliced Cheese Whole Wheat Bread Sunbutter and Jelly Potato Chips	19  We are an equal opportunity employer
20	21 No School In Honor of MLK Jr	22 Beef Enchiladas Verdes Veggie Enchiladas Verdes Brown Rice	23 Chicken Jambalaya Veggie Jambalaya Brown Rice	24 Breakfast for Lunch! Cheese Omelets Breakfast Sausage Hashbrowns Whole Wheat Cinnamon Rolls	25 Chicken Tenders Veggie Tenders Oven Fries	26
27	28 Turkey Sloppy Joes Lopez Veggie Sloppy Joe WholeWheat Buns Garden Green Beans	29 LIFE Pizza WholeWheat Dough Pepperoni Cheese	30 Local Beef Vegetable Stew Garden Vegetable Stew Whole Wheat Bread	31 Beef Lasagne Veggie Lasagne Whole Wheat Bread	1 Chicken Tenders Veggie Tenders Tater Tots	