

Artificial
Ingredients,
Additives,
Preservatives

High Fructose
Corn Syrup

Fried Foods
Mystery Meats

ALWAYS fresh
NEVER frozen

4-Star Schod
Lunch Provider!



Jan. 2019. Lunch. Neal.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break	4 No School Winter Break
7 Cheese Nachos Or Baked Chicken Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Corn Dog Or Hot & Spicy Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	9 BBQ Chicken Served w. Brown Rice Or Cheese Nachos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 All Beef Hot Dog Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 Homemade Cheese or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
14 Cheese Pizza Or Baked Chicken Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Regular Chicken Tenders Or Hot & Spicy Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	16 All Beef Hot Dog French Fries! Or Cheese Nachos Just Picked Fresh Fruit Ice Cold Milk Pint	17 Spaghetti w. Meatballs Or Hot Dog Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 Homemade Cheese or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
21 No School Martin Luther King Day	22 Baked Chicken Nuggets Or Hot & Spicy Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	23 4 Star Mac & Cheese Or Cheese Nachos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 Soft Shell Taco Or Hot Dog Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	25 Homemade Cheese or Pepperoni Pizza Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
28 Pasta w. Marinara Sauce Or Baked Chicken Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	29 Cheese Pizza Or Hot & Spicy Chicken Tenders Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	30 Baked Chicken Served w. Brown Rice Or Cheese Nachos Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	31 All Beef Hot Dog French Fries! Or Hot Dog Just Picked Fresh Fruit Ice Cold Milk Pint	Students must choose a FRUIT and/ or a VEG + 2 additional components to make a complete meal

**Daily Lunch
Choices:**

- Hot Daily Special
- Chicken Sandwich
- Spicy Chicken Sandwich
- Chef's Weekly Specialty
- Salads
- Subs

**Ala Carte Items
Include:**

- 6 oz 100% Fruit Juice
- Bottled Water
- Freshly Baked Cookies
- Chips
- Fruit Snacks
- Whole Grain Donuts
- White Cheddar Popcorn
- Propel o Calorie Enhanced Water (Various Flavors)

****NEW****

**-Smart Snack
Ice Cream!!!!**

