



2019 JR & SR HIGH LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						<u>DELI SANDWICH BAR</u> <u>EXPRESS SALADS</u> <u>OFFERED DAILY!</u>		1 PIZZA WITH ASSORTED TOPPINGS, STEAMED BROCCOLI, VEGGIE STICKS ASSORTED FRUITS MILK CHOICES	
4	SHEPHERD'S PIE GARLIC TOAST BUTTERED CARROTS FRESH & CANNED FRUITS MILK CHOICES	5	BAKED CHICKEN MASHED POTATOES, ROLL BAKED BEANS, COLESLAW CARROTS, ASSORTED FRUIT MILK CHOICES	6	TACO BOATS MEXICAN RICE, CORN TOSSED SALAD ASSORTED FRUIT & VEGGIES MILK CHOICES	7	CORN CHOWDER GRILLED CHEESE SANDWICH STEAMED BROCCOLI, VEG STKS APPLESAUCE, FRESH FRUIT MILK CHOICES	8	GARLIC DIPPING STICKS W/SAUCE, CELERY, SALAD FRUITS CHOICES CHOCOLATE PUDDING! MILK CHOICES
11	CHICKEN QUESADILLA MEXICAN RICE CORN, BAKED BEANS FRUIT & VEGGIE BAR MILK CHOICES	12	BRUNCH FOR LUNCH! FR. TOAST STKS W/SAUSAGE COLESLAW, BROCCOLI FRUIT & VEGGIE CHOICES MILK CHOICES	13	LASAGNA WITH GARLIC BREAD, SALAD PICKLED BEETS FRESH & CANNED FRUITS MILK CHOICES	14	CHICKEN NUGGETS AND FRIES, DINNER ROLL ASSORTED FRUIT & VEGGIES JELLO WITH TOPPING! MILK CHOICES	15	PIZZA SLICES ASSORTED VEGGIES/DIP FRESH AND CANNED FRUIT CHOICES MILK CHOICES
18	<u>WINTER VACATION!</u> <u>NO SCHOOL TODAY!</u>	19	<u>WINTER VACATION!</u> <u>NO SCHOOL TODAY!</u>	20	<u>WINTER VACATION!</u> <u>NO SCHOOL TODAY!</u>	21	<u>WINTER VACATION!</u> <u>NO SCHOOL TODAY!</u>	22	<u>WINTER VACATION!</u> <u>NO SCHOOL TODAY!</u>
25	CHEESEBURGER FRENCH FRIES, CAESAR SALAD BAKED BEANS FRESH & CANNED FRUITS MILK CHOICES	26	MAC & CHEESE WITH TERIYAKI CHICKEN DIPPERS ASSORTED VEGGIES FRESH & CANNED FRUITS MILK CHOICES	27	CHICKEN NOODLE SOUP ROLL, GARDEN SALAD HOT BUTTERED CARROTS FRUITS, CHOC. CHIP COOKIE MILK CHOICES	28	SWEET N' SOUR CHICKEN OVER RICE, DINNER ROLL ORIENTAL MIXED VEG. MANDARIN ORANGES MILK CHOICES		

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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