




# JANUARY 2020 MID-HIGH SCHOOL LUNCH



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b><u>DELI SANDWICH BAR</u></b> <b><u>EXPRESS SALADS</u></b> <b><u>OFFERED DAILY!</u></b></p>				<p><b>1</b> <b><u>NO SCHOOL TODAY!</u></b></p> <p><b><u>NEW YEARS DAY!</u></b></p>		<p><b>2</b> CHICKEN BURGERS FRENCH FRIES PICKLED BEETS, BROCCOLI FRESH &amp; CANNED FRUITS MILK CHOICES</p>		<p><b>3</b> PIZZA SQUARES WITH ASSORTED TOPPINGS BAKED BEANS, CELERY STICKS CARROT STICKS, FRUIT MILK CHOICES</p>	
<p><b>6</b> CHICKEN NACHOS! CORN FRUIT AND VEGGIE BAR BLUEBERRY CRISP MILK CHOICES</p>		<p><b>7</b> CORN CHOWDER GRILLED CHEESE SANDWICH RED GRAPES, BROCCOLI FRUIT &amp; VEGGIE BAR MILK CHOICES</p>		<p><b>8</b> TURKEY ITALIANS GARDEN VEGGIE BAR WITH CARROT STICKS ASSORTED FRUIT &amp; VEGGIES MILK CHOICES</p>		<p><b>9</b> BEEF OR CHICKEN TACO MEXICAN RICE LETTUCE, TOMATO, CHEESE FRUIT &amp; VEG. BAR MILK CHOICES</p>		<p><b>10</b> PIZZA SLICES BBQ BAKED BEANS GARDEN SALAD, PINEAPPLE FRUIT &amp; VEG. BAR MILK CHOICES</p>	
<p><b>13</b> ROAST PORK WITH GRAVY, MASHED POTATO PEAS, MIXED FRUIT GARDEN SALAD BAR MILK CHOICES</p>		<p><b>14</b> <b><u>BRUNCH FOR LUNCH!</u></b> PANCAKES &amp; SAUSAGE SYRUP, APPLESAUCE ASSORTED FRUIT &amp; VEGGIES MILK CHOICES</p>		<p><b>15</b> CHEESEBURGERS COLESLAW, CORN GARDEN BAR WITH FRUIT &amp; VEGGIE CHOICES MILK CHOICES</p>		<p><b>16</b> BBQ CHICKEN SUBS BBQ BAKED BEANS BROCCOLI, PEACHES FRUIT &amp; VEG. BAR MILK CHOICES</p>		<p><b>17</b> GARLIC DIPPING STICKS WITH DIPPING SAUCE CAESAR SALAD FRUIT &amp; VEG. BAR MILK CHOICES</p>	
<p><b>20</b> <b><u>NO SCHOOL TODAY!</u></b></p> <p><b><u>MARTIN LUTHER KING, JR.</u></b> <b><u>DAY!</u></b></p>		<p><b>21</b> <b><u>NO SCHOOL TODAY!</u></b></p> <p><b><u>TEACHER INSERVICE DAY!</u></b></p>		<p><b>22</b> SPAGHETTI WITH MEAT SAUCE, GARLIC ROLL BABY CARROTS WITH DIP, FRUIT AND VEGGIE BAR MILK CHOICES</p>		<p><b>23</b> TURKEY &amp; GRAVY OVER A BISCUIT SQUASH, BROCCOLI FRUIT AND VEGGIE BAR MILK CHOICES</p>		<p><b>24</b> BIG DADDY'S PIZZA WITH ASSORTED TOPPINGS BAKED BEANS, CELERY STICKS FRUIT &amp; VEGGIE BAR MILK CHOICES</p>	
<p><b>27</b> SHEPHERD'S PIE WG DINNER ROLL COLESLAW, PICKLED BEETS ASSORTED FRUITS MILK CHOICES</p>		<p><b>28</b> HAM &amp; CHEESE CROISSANT, TATER TOTS WITH VEGGIE STICKS &amp; DIP FRUIT MILK CHOICES</p>		<p><b>29</b> TERIYAKI CHICKEN STEAMED RICE, VEGETABLE MEDLEY, FRUIT CHOICES MILK CHOICES</p>		<p><b>30</b> RODEO BURGER BAKED BEANS, GREEN BEANS CARROT &amp; CELERY STICKS FRUIT CHOICE MILK CHOICES</p>		<p><b>31</b> GARLIC DIPPING STICKS FRESH VEGETABLE MEDLEY CORN FRUIT CHOICES MILK CHOICES</p>	

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or [bbonnell@rsu18.org](mailto:bbonnell@rsu18.org)

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