

Eastland Jr./Sr. High School Lunch Menu January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1. Happy New Year	2. No School	3. Bosco Sticks Marinara Sauce Caesar Salad Green Beans Assorted Fruit	4. Chicken Patty WG Bun Lettuce, Tomato, Onion Sweet Potato Fries Monaco Blend Assorted Fruit	5. Philly Cheese Steak WG Bun Fresh Veggies Steamed Carrots Assorted Fruit
8. Quesadilla Spanish Rice Romaine Salad Tomato, Cucumber Veggie Juice Assorted Fruit	9. Beef Hot Dog WG Bun Baked Beans Fresh Veggies Assorted Fruit	10. Baked Chicken Breast Garlic Baby Bakers Veggie Juice Pasta Salad WG Dinner Roll Assorted Fruit	11. Pizza Caesar Salad Green Beans Assorted Fruit	12. SIP Day 11:30 Dismissal Breakfast Only
15. MLK Day No School	16. Chicken Fajita Salad w/WG Tortilla Chips or Chicken Fajita Wrap Refried Beans, Tomato, Corn and Black Bean Salsa Salsa , Assorted Fruit	17. Pulled Pork WG Bun Coleslaw Sweet Potato Fries Assorted Fruit	18. Baked Potato Taco Meat/Chili Cheese Sauce Steamed Broccoli WG Donut Assorted Fruit	19. Chicken Nuggets Mashed Potatoes Gravy Steamed Carrots WG Dinner Roll Assorted Fruit
22. Orange Chicken or General Tso's Chicken WG Veg. Fried Rice Steamed Broccoli Fresh Veggies Assorted Fruit	23. Hamburger WG Bun Baked Beans Lettuce, Tomato, Onion Baked French Fries Assorted Fruit	24. Lasagna Roll up Marinara Sauce WG Garlic Toast Caesar Salad Monaco Blend Assorted Fruit	25. Baked Chicken Leg WG Dinner Roll Sweet Potato Fries Corn Assorted Fruit	26. Bosco Sticks Marinara Sauce Romaine Lettuce Cucumber, Tomato Green Beans Assorted Fruit
29. Chicken Penne Steamed Broccoli Fresh Carrots WG Garlic Toast Assorted Fruit	30. Popcorn Chicken WG Dinner Roll Mashed Potatoes Gravy Steamed Carrots Assorted Fruit	31. Chili WG Corn Bread WG Chips Strawberry Spinach Salad, Fresh Veggies Assorted Fruit	1. Italian Beef WG French Roll Roasted Vegetables Baked Beans Assorted Fruit	2. Pizza Caesar Salad Green Beans Assorted Fruit

NOTES

Milk served with every meal.

- FF White
- FF Chocolate
- 1% White

Fresh and Canned Fruit are offered every day.

Daily alternate meal choices:

Chef Salad

Vegetarian Salad

Caesar Salad

Hummus Salad

Ala Carte snacks available daily:

PB & J Uncrustable

Assorted Chips

Whole Grain Bars

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