



JANUARY 2018: High School Express Hot Lunch Menu

CHICKEN DELIGHTS	BURGER BASH	CULINARY	NEW YORK	PIZZA PARTY
Monday	Tuesday	Wednesday	Thursday	Friday
Winter Recess 1	2	3	New York Thursday 4	5
Popcorn Chicken Dipping Sauce Cup	100% Beef Hamburgers & Cheeseburgers	Crispy Chicken Sandwich Served with Lettuce Tomato & New York Onion	Steamed Chicken Dumplings with Asian Dipping Sauce	Pizza Bagel
Rold Gold® Heartzels	Burgers served with Lettuce Tomato & New York Onion	Rold Gold® Heartzels	Egg Roll with Duck Sauce Roasted Zucchini New York Cookie Treat	Garlic Knot
Sweet Potato Wedge Fries	Chick Pea Salad	Home Fries	Fresh New York Apples	Kid Friendly Kale Salad
8	9	10	New York Thursday 11	12
Popcorn Chicken Dipping Sauce Cup	Turkey Burger	Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce, Cheese & Taco Sauce	Fish & Cheese Sandwich	Pizza Bagel
Warm Dinner Roll	Burgers served with Lettuce, Tomato & New York Onion	Baked! Tostitos® Scoops®	Served with Lettuce, Tomato & New York Onion	Garlic Knot
Parmigiana Roasted Cauliflower	Sweet Potato Waffle Fries	Sofrito Seasoned Pinto Beans	French Fries	Green Garden Salad
Martin Luther King Day 15	16	17	New York Thursday 18	19
Chicken Parmigiana on a New York Bun	100% Beef Hot & Spicy Cheeseburgers	"Super Chef" Shepherd's Pie A Delicious Blend of Mashed Potatoes, Turkey, Cheese,	Jamaican Beef Patty	Pizza Bagel
Frito-Lay® SunChips®	Burgers served with Lettuce Tomato & New York Onion	Warm Dinner Roll	New York Cookie Treat	Garlic Knot
Roasted Zucchini	Orange Glazed Carrots	Broccoli Trees	French Fries	Chick Pea Salad
22	23	24	New York Thursday 25	26
Popcorn Chicken Dipping Sauce Cup	Steamed Chicken Dumplings with Asian Dipping Sauce	Crispy Chicken Sandwich Served with Lettuce Tomato & New York Onion	100% New York Beef Hamburgers & Cheeseburgers	Pizza Bagel
Rold Gold® Heartzels	Egg Roll with Duck Sauce Roasted Zucchini	Rold Gold® Heartzels	New York French Fries	Garlic Knot
Sweet Potato Wedge Fries	New York Cookie Treat	Home Fries	Fresh New York Apples	Kid Friendly Kale Salad
29	30	31	 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD	
Popcorn Chicken Dipping Sauce Cup	Turkey Burger	Bite Size Beef Tacos Seasoned Beef served with Diced Tomato, Lettuce, Cheese & Taco Sauce		
Warm Dinner Roll	Burgers served with Lettuce, Tomato & New York Onion	Baked! Tostitos® Scoops®		
Parmigiana Roasted Cauliflower	Sweet Potato Waffle Fries	Sofrito Seasoned Pinto Beans		

OFFERED DAILY				
<u>Entree Alternatives</u> • PB&J Sandwich • Cheese Sandwich • Plain Turkey Sandwich • Hummus Grab & Go	<u>Milk</u> 1% Low-fat Fat Free Fat Free Chocolate	<u>Seasonal Fresh Fruit</u> Apples, Oranges, Bananas, Pears  No Artificial flavors, colors, or sweeteners in all SchoolFood Products	<u>Dressings</u> Chipotle Ranch Balsamic Vinaigrette Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette	<u>Flavor Station</u>  Granulated Garlic Red Pepper Flakes Parmesan Cheese  HS Express Hot Lunch Menu
<u>Dipping Sauce Cups</u> BBQ, Ranch, Honey Mustard, Hot Sauce Ketchup, Mayonnaise				