

# HIGH SCHOOL Cafeteria "B"

# JANUARY

# 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>HAPPY NEW YEAR</b>	2 *BAKED CHICKEN CHICKEN PARMESAN RAVIOLI *PASTA W/SHELLS *VEGETABLES	3 MABEL'S HOMEMADE MEAT LOAF HOT WINGS *MASHED POTATOES W/GRAVY *VEGETABLES	4 FLOUNDER ARROZ CON POLLO MAXI STICKS *FLAVORED RICE *VEGETABLE
7 SLICE OF DOMINO'S PIZZA MACARONI & CHEESE STRIPS OF FIRE *ONION RINGS *VEGETABLE	8 LEMON CHICKEN BAKED CHICKEN *JAMAICAN BEEF PATTY *NOODLES/*SPINACH *ROSEMARY POTATOES	9 *BAKED CHICKEN CHICKEN PARMESAN STUFFED SHELLS *PASTA W/SHELLS *VEGETABLES	10 CREAMY CHICKEN & BROCCOLI SAUSAGE & PEPPERS W/RICE CRISPY CHICKEN *MASHED POTATOES W/GRAVY *VEGETABLE	11 FLOUNDER VEGGIE BURGER *PASTA W/PINK SAUCE *VEGETABLE
14 SLICE OF DOMINO'S PIZZA *SWEET & SOUR CHICKEN W/RICE SPICY CHICKEN PATTY *SWEET POTATO FRIES	15 LEMON CHICKEN BAKED CHICKEN *JAMAICAN BEEF PATTY *NOODLES/*SPINACH *ROSEMARY POTATOES	16 *BAKED CHICKEN CHICKEN PARMESAN RAVIOLI *PASTA W/SHELLS *VEGETABLES	17 HOT WINGS TURKEY W/STUFFING MASHED POTATOES/GRAVY *VEGETABLE	18 FLOUNDER PASTA W/BROCCLI *FRENCH FRIES *VEGETABLE
21 <b>NO SCHOOL</b>	22 <b>MIDTERMS AND REGENTS EXAMS</b>	23 <b>MIDTERMS AND REGENTS EXAMS</b>	24 <b>MIDTERMS AND REGENTS EXAMS</b>	25 <b>MIDTERMS AND REGENTS EXAMS</b>
28 SLICE OF DOMINO'S PIZZA *HOT HAM & CHEESE CHICKEN TENDERS *VEGETABLE	29 LEMON CHICKEN BAKED CHICKEN *JAMAICAN BEEF PATTY *NOODLES/*SPINACH *ROSEMARY POTATOES	30 *BAKED CHICKEN CHICKEN PARMESAN LASAGNA ROLLS *PASTA W/SHELLS *VEGETABLES	31 CHICKEN MARSALA HOT WINGS *WHITE RICE *CURLEY FIRES *VEGETABLE	

**\$3.50 LUNCH**

**Complete Lunch  
CONSISTS OF:  
Take at least 3 out of 5  
Components Offered:**

1. Meat/Meat Alternate
2. Vegetable
3. Fruit
4. Grain
5. Milk

**SIDE DISHES**

Fresh Fruit  
Side Salad  
Steamed Vegetable  
Juice

**AVAILABLE DAILY**

Salad Bar  
Cheese Sandwich  
Bologna Sandwich  
Pretzels  
Soup  
Bagels/Rolls  
1% Chocolate Milk  
1% White Milk  
Snacks

\*Ala Carte

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**