



**GRAB-N-GO LUNCH
VARIETY AVAILABLE DAILY**

**BREAKFAST
CEREAL AND PASTRIES
AVAILABLE DAILY**

MEAL COST
 Students: \$3.25 w/milk (all other drinks extra)
 Faculty/Staff: \$4.00 Visitor: \$4.25
 Extra Entrée: \$1.25/Extra Veggie-Salad-Fruit: \$1.00
 Bottled drinks: \$.75-\$1.25

Mon	Tues	Wed	Thur	Fri
1/30 Chicken Alfredo Steamed Veggies Whole Grain Breadstick Assorted Fresh/Canned Fruit Choice of Milk	1/31 Wings Steamed Broccoli Roasted Potatoes Whole Grain Roll Assorted Fresh/Canned Fruit Choice of Milk	1 Cheesesticks w/Marinara Sauce Garden Salad French Fries Whole Kernel Corn Assorted Fresh/Canned Fruit Choice of Milk	2 Potato Soup Sour Cream/Cheese Veggie Beans Grilled Cheese Sandwich Assorted Fresh/Canned Fruit Choice of Milk	3 Hot Dog Sun Chips/Salsa Broccoli w/Dip Cookie Assorted Fresh/Canned Fruit Choice of Milk
6 Popcorn Chicken or Chicken Nuggets Creamed Potatoes Black-eye Peas Whole Grain Roll Assorted Fresh/Canned Fruit Choice of Milk	7 Lasagna Rollups Garden Salad Steamed Veggies Whole Grain Breadstick Assorted Fresh/Canned Fruit Choice of Milk of Milk	8 Corn Dog Baked Beans Steamed Veggies Assorted Fresh/Canned Fruit Choice of Milk	9 Spaghetti Garden Salad Steamed Broccoli Whole Grain Roll Assorted Fresh/Canned Fruit Choice of Milk	10 BBQ Pork Sandwich Slider French Fries Corn Assorted Fresh/Canned Fruit Choice of Milk
13 Meatballs w/Gravy or BBQ Sauce Green Beans Creamed Potatoes Whole Grain Roll Cookie Assorted Fresh/Canned Fruit Choice of Milk	14 Taco Salad Lettuce/Tomato/Cheese Corn Chips/Salsa Assorted Fresh/Canned Fruit Choice of Milk	15 Hot Pocket Glazed Carrots ½ Baked Potato Assorted Fresh/Canned Fruit Choice of Milk	16 BREAKFAST FOR LUNCH Biscuits w/Gravy Sausage Tater Tots Carrots w/Ranch Assorted Fresh/Canned Fruit Choice of Milk	17 Hamburger Sun Chips Baked Beans Lettuce/Tomato/Cheese Assorted Fresh/Canned Fruit Choice of Milk
20 Vegetable Beef Soup Grilled Cheese Sandwich Crackers Grape Tomatoes w/Dip Assorted Fresh/Canned Fruit Choice of Milk	21 Chicken Fajita Shredded Cheese/Salsa Refried Beans Lettuce/Diced Tomato Assorted Fresh/Canned Fruit Choice of Milk	22 Pizza Garden Salad Steamed Corn Assorted Fresh/Canned Fruit Choice of Milk	23 Steak Nuggets Creamed Potatoes Green Beans Whole Grain Roll Assorted Fresh/Canned Fruit Choice of Milk	24 EARLY RELEASE Turkey and Cheese Slider Lettuce/Tomato Chips/Salsa Assorted Fresh/Canned Fruit Choice of Milk
27 Cheesy Chicken Spaghetti Steamed Broccoli Peas and Carrots Whole Grain Breadstick Assorted Fresh/Canned Fruit Choice of Milk	28 Asian Chicken Noodles or Rice Steamed Veggies Egg Roll Assorted Fresh/Canned Fruit Choice of Milk	3/1 Beefy Burrito Tomatoes/Lettuce/Shredded Cheese Chips/Salsa Refried Beans/Mexican Rice Assorted Fresh/Canned Fruit Choice of Milk	3/2 Hot Dog French Fries Veggie Dippers w/Ranch Assorted Fresh/Canned Fruit Choice of Milk	3/3 Chicken Slider Tater Tots Baked Beans Assorted Fresh/Canned Fruit Choice of Milk