

# January 2018

## Jr – Sr High School

### LUNCH



Eat a variety of foods from the 5 food groups every day - fruit, vegetables, bread and cereals, meat or meat alternatives and dairy foods. This will give you all the

**Menu Information:** Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in the serving size for that menu item with all its components.  
 Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) on Sub Bun (30)  
 Chicken Salad on Sub Bun (34) or Tuna Salad on Sub Bun (30)  
 Chef Salad is served each day w/ Bread Stick & Croutons (32)  
 Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

NO SCHOOL

1

NO SCHOOL

2

NO SCHOOL

3

Stuffed Crust  
Pepperoni Pizza (34) or  
Roast Chicken on Bun (33)

4

Mini Corndogs  
(7-8(27) (9-12(31) or  
Hamburger on Bun(33)

5

Corn (16)

Cowboy Beans (18)

Chicken Gravy (5)  
w/HMD Bread(17) or  
BBQ Steak on Bun (41)

8

HMD Beef Pizza (36) or  
Sloppy Philly on Bun (32)

9

Cheeseburger  
on Bun(33)or  
Roast Chicken on Bun (33)

10

Chicken Enchilada (31)  
w/Spicy CousCous(9-12 only)(24)  
or  
Sloppy Joe on Bun (35)

11

Mandarin Orange  
Chicken (33) w/Egg Roll(22) &  
Seasoned Rice(24) or  
Cheeseburger on Bun (33)

12

Mashed Potatoes (14)

Corn (16)

Tater Tots (20)

Refried Beans (23)

Broccoli (5)

Chicken Strips (7-8(16)  
(9-12(21) w/HMD Bread (17) or  
Ham & Cheese Wrap (25)

15

Chicken Alfredo (5)  
w/Rotini(42)&Breadstick(17)or  
Jeff Rib on Bun (38)

16

Soft Shell Taco  
(7-8(24) (9-12(32) or  
Sloppy Joe on Bun (35)

17

Creamy Ranch Chicken  
on Ciabatta Bun (33) or  
Cheeseburger on Bun (33)

18

Chili (21) w/HMD Cinnamon  
Roll (41)&Crackers (5 ea pk) or  
Hot Dog on Bun (34)

19

Green Beans (4)

Green Peas (11)

Refried Beans (23)

Corn (16)

Fresh Veggies

Breaded Beef Patty (16)  
w/HMD Bread(17) or  
Chicken/Cheese Flatbread(29)

22

HMD Cheese Pizza (36) or  
Jeff Rib on Bun (38)

23

Chicken Tetrazinni (36)  
w/HMD Bread (17) or  
Cheeseburger on Bun (33)

24

Sausage Patty(0)  
w/Pancakes(27) & Syrup(30)  
Roast Chicken on Bun (33)

25

Jeff Chef  
Special Selections

26

Mashed Potatoes (14) Gravy(4)

Baked Beans (29)

Mixed Vegetables (12)

Tater Tots (20)

Fiestada Pizza (38) or  
BBQ Chicken on Bun (40)

29

Chicken Noodle Casserole  
(26) w/HMD Bread(17) or  
Jeff Rib on Bun (38)

30

Macho Nacho  
(7-8(24) (9-12(40) or  
Sloppy Joe on Bun (35)

31

Refried Beans (23)

Corn (16)

Carrots (5)

**FAIRBURY PUBLIC SCHOOL IS AN EQUAL OPPORTUNITY PROVIDER**

**Jr-Sr High Lunch Price \$2.95 --**  
**-Extra Entree \$2.00**  
**Side of Fruit or Vegetable \$ .50**  
**Chips or Cereal Bar \$ .75**  
**Extra Milk Carton \$ .50**