

Eastland Jr./Sr. High School Lunch Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1.	2.	3. Popcorn Chicken WG Dinner Roll Mashed Potatoes Gravy Steamed Carrots	4. Taco Bowl or Flour Shell Taco Meat, cheese Romaine Lettuce Tomatoes Salsa Refried Beans Corn & BB Salsa
7. Bosco Sticks Marinara Sauce Caesar Salad Green Beans	8. Chicken Patty WG Bun Lettuce / Tomato / Onion Sweet Potato Fries Monaco Blend	9. Taco in a Bag Romaine Lettuce Tomatoes Salsa Refried Beans Corn & BB Salsa	10. Roaster Pork Loin Garlic Mashed Potatoes Steamed Broccoli WG Dinner Roll Grahams	11. SIP Day Breakfast Only
14. Quesadillas Spanish Rice Romaine Salad Tomatoes, Cucumbers Veggie Juice	15. Sub Sandwich Baked Beans Fresh Veggie Tray Baked Chips	16. Baked Chicken Breast Garlic Baby Bakers Veggie Juice Pasta Salad WG Dinner Roll	17. Hot Ham & Cheese WG Pretzel Bun Baked Tater tots Steamed Carrots	18. Pizza Caesar Salad Green Beans
21. No School	22. Chicken Nuggets WG Dinner Roll Mashed Potatoes Gravy Steamed Carrots	23. Chicken Fajita Salad or Chicken Fajita Wrap WG Tortilla Chips Refried Beans Tomatoes Salsa Corn & BB Salsa	24. BBQ Riblet WG Bun Coleslaw Sweet Potato Fries	25. Rotini w/ meat sauce WG Garlic Toast Caesar Salad Country Blend
28. Orange Chicken or General Tso's Chicken WG Vegetable Fried Rice Steamed Broccoli Fresh Veggies Fortune Cookie	29. Hamburger WG Bun Baked Beans Lettuce, Tomato, Onion Baked French fries	30. Lasagna Roll Up Marinara Sauce WG Garlic Toast Caesar Salad Monaco Blend	31 Pulled Pork WG Bun Coleslaw Baked Tater Tots	1 Baked Chicken Leg WG Dinner Roll Sweet Potato Fries Corn

NOTES

Milk served with every meal.

- FF White
- 1%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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