

January 2018



Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
<p>POPCORN CHICKEN DELI SUB SANDWICH ^ Pickle Chips Tropical Veggie Juice Applesauce Cup Snickerdoodle Cookie</p>	<p>HOT DOG Hot Dog Bun MEATLOAF PANINI ^ CHEESE PIZZA WEDGE Diced Carrots Maple Baked Beans Diced Peaches Multi Grain Sun Chips ^</p>	<p>PEPPERONI PIZZA WEDGE MACARONI & CHEESE ^ Breadstick (IW)^ BBQ FAJITA CHICKEN Hamburger Bun ^ Mixed Fruit Cup</p>	<p>CHILI Corn Muffin SPICY CHICKEN FILLET HAMBURGER Hamburger Bun ^ Fresh Apple* Salad Bar Selections</p>	<p>RANCH TURKEY BURGER Hamburger Bun TACO MEAT Soft Tortilla ^ (2) SAUSAGE PIZZA WEDGE ^ Fresh Banana* Orange Juice Salad Bar Selections Shredded Lettuce Pickle Chips</p>
15	16	17	18	19
	<p>CHICKEN NUGGETS Chipotle Ranch Sriracha Ketchup TURKEY HAM & CHEESE SANDWICH ^ Applesauce Cup Orange Juice Chocolate Chip Minis ^ Salad Bar Selections Green Pepper Slices</p>	<p>HAMBURGER Hamburger Bun ^ BEAN & CHEESE BURRITO ^ PEPPERONI PIZZA WEDGE ^ Fresh Orange* Salad Bar Selections Pickle Chips</p>	<p>BEEF & CHEESE SOFT TACO ^ CHEESE PIZZA WEDGE ^ CRISPY CHICKEN FILLET Hamburger Bun ^ Fresh Apple* Salad Bar Selections</p>	<p>CHEESY CHICKEN VEG BOOYAH (STEW) Corn Muffin ^ PANCAKES & SAUSAGE ^ Syrup SAUSAGE PIZZA WEDGE ^ Mixed Fruit Cup Diced Peaches Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes</p>
22	23	24	25	26
<p>PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY SALAMI & CHEESE ON A WHOLE WHEAT BUN^ SunSet Sip Juice Diced Pears Pineapple Tidbits Salad Bar Selections Pickle Chips</p>	<p>CHICKEN DRUMSTICK Corn Muffin ^ MINI CORN DOGS CHEESE PIZZA WEDGE ^ Diced Peaches Salad Bar Selections</p>	<p>TACO MEAT CHICKEN TENDERS Soft Tortilla ^ (2) SAUSAGE PIZZA WEDGE ^ Fresh Orange* Salad Bar Selections Black Beans</p>	<p>POPCORN CHICKEN ROTINI BAKE ^ Breadstick (IW)^ HAMBURGER Hamburger Bun ^ Fresh Apple* Corn Muffin ^ Salad Bar Selections</p>	<p>SALISBURY STEAK W/ GRAVY Sliced Bread ^ (2) PEPPERONI PIZZA WEDGE ^ BBQ FAJITA CHICKEN Hamburger Bun Fresh Banana* Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins</p>
29	30	31		
<p>CHICKEN NUGGETS DELI SUB SANDWICH ^ Applesauce Cup Diced Peaches Raspberry Cookies ^ Salad Bar Selections Black Beans Corn</p>	<p>TOASTED CHEESE SANDWICH ^ CHICKEN RANCH FLATBREAD ^ PEPPERONI PIZZA WEDGE Mixed Fruit Cup Salad Bar Selections Pickle Chips</p>	<p>SAUSAGE PIZZA WEDGE ^ RANCH TURKEY BURGER Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Fresh Banana* Orange Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^</p>		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

Yum!

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