

JANUARY



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
PANCAKES & SAUSAGE ^ Syrup CHICKEN TENDERS Potato Rounds Tropical Veggie Juice Diced Pears Pineapple Tidbits Raspberry Cookies ^	CHEESE PIZZA WEDGE HOT DOG Hot Dog Bun TURKEY HAM & CHEESE PANINI ^ Broccoli Baby Carrots Applesauce Cup Fruit Punch Juice Multi Grain Sun Chips ^	MINI CORN DOGS HAMBURGER Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Maple Baked Beans SunSet Sip Juice Diced Peaches Orange-Tangerine Juice	CHICKEN NUGGETS PIZZA DIPPERS ^ Marinara Dipping Sauce CHILI Corn Muffin Fresh Apple* Chocolate Cookie ^ Salad Bar Selections	SALISBURY STEAK W/ GRAVY Sliced Bread ^ (2) CRISPY CHICKEN PATTY ^ Hamburger Bun ^ SAUSAGE PIZZA WEDGE ^ Craisins Grape Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
14	15	16	17	18
PEPPERONI PIZZA WEDGE ^ CHICKEN TENDERS Apple Juice Diced Peaches Vanilla Cookie ^ Salad Bar Selections	BEAN & CHEESE BURRITO ^ HOT DOG Hot Dog Bun ^ DELI SUB SANDWICH ^ Mixed Fruit Cup Grape Juice Tortilla Rounds ^ Salad Bar Selections	CHICKEN DRUMSTICK Corn Muffin ^ HAMBURGER Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Fresh Banana* Fruit Punch Juice Salad Bar Selections Black Beans	MAC & CHEESE ^ Breadstick (IW)^ PIZZA DIPPERS ^ Marinara Dipping Sauce BAGEL DOG ^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	SLOPPY JOE SPICY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Fresh Orange* Diced Pears Salad Bar Selections
21	22	23	24	25
	MEATLOAF PANINI ^ CHICKEN TENDERS Applesauce Cup Grape Juice Multi Grain Sun Chips ^ Salad Bar Selections Pickle Chips	POPCORN CHICKEN Corn Muffin ^ HAMBURGER Hamburger Bun ^ BEAN & CHEESE BURRITO ^ Fresh Pear* Orange-Tangerine Juice Salad Bar Selections Green Pepper Slices	CHICKEN RANCH FLATBREAD ^ PIZZA DIPPERS ^ Marinara Dipping Sauce SAUSAGE PIZZA WEDGE ^ Fresh Apple* Salad Bar Selections	MINI CHEESE RAVIOLI WITH SAUCE ^ Breadstick (IW)^ CRISPY CHICKEN PATTY ^ Hamburger Bun MINI CORN DOGS Fresh Banana* Diced Pears Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
28	29	30	31	
CORN DOG ON A STICK ^ CHICKEN TENDERS Apple Juice Pineapple Tidbits Pretzel ^ Salad Bar Selections Pickle Chips	4-CHEESE PANINI ^ Tomato Soup^ HOT DOG Hot Dog Bun ^ PEPPERONI PIZZA WEDGE Mixed Fruit Cup Orange-Tangerine Juice Vanilla Cookie ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	BBQ CHICKEN HAMBURGER Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Fresh Orange* Grape Juice Salad Bar Selections Black Beans	CHILI Corn Muffin ^ PIZZA DIPPERS ^ CHICKEN DIPPERS Breadstick (IW)^ Marinara Dipping Sauce Fresh Apple* Salad Bar Selections	

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

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