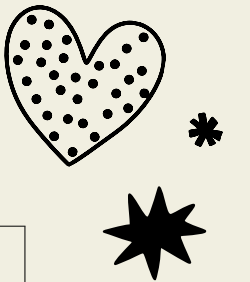
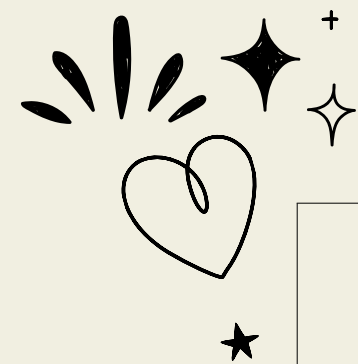




9th-12th Grade Lunch

At lunch, students are offered all five required food components in at least the minimum required amounts. The components at lunch are meats/meat alternates; grains; fruit; vegetables; and fluid milk. Under OVS, a student must take at least three components in the required serving sizes. One selection must be at least ½ cup from either the fruit or vegetable component. There will be additional fruit and vegetable options available for all students.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Happy New Year No School	2 ★ No School
5 Pupil Free Day	6 Pupil Free Day	7 Chicken Teriyaki Rice + Goldfish Carrots and Broccoli	8 WG Calzones Corn in Cup Cucumber Slices	9 Beef Spaghetti Caesar Salad + Garlic Bread Roasted Zucchini
12 Beef Burger Potato Wedges Lettuce and Tomato Slices	13 Bean and Cheese Chalupa Pinto Beans Pico de Gallo	14 Swedish Meatballs Mashed Potatoes Steamed Broccoli Dinner Roll	15 Chicken Nuggets Carrot Sticks Potato Tots	16 Turkey and Cheese Subs Caesar Salad Celery Sticks
19 MLK DAY No School	20 Hot Dogs Chili Beans Carrot Sticks	21 Chicken Salsa Verde Rice + Dinner roll Black Beans and Corn	22 Chicken Wings Potato Wedges, Texas Toast Cucumber Slices	23 Bean and Cheese Pupusa Curtido Salsa
26 Chicken Sandwich Potato Tots Lettuce and Tomato Slices	27 Beef Taco Stick Jicama Sticks Cucumber Slices	28 Fish Sandwich Cabbage Slaw Corn Cobbette	29 Bean and Cheese Burrito Broccoli Carrot Sticks w/Ranch	30 Pepperoni Pizza Garden Salad Celery Sticks



This institution is an equal opportunity provider.