

JANUARY 2022  
High School and L.E.A.P Lunch Menu

Monday 1/3	Tuesday 1/4 National Spaghetti Day	Wednesday 1/5	Thursday 1/6 National Bean Day	Friday 1/7 National Tempura Day
<p><b>Lunch Option #1:</b> Barbecue Ribs</p> <p><b>Lunch Option #2:</b> Cheeseburger on a Whole Grain Bun with Lettuce, Tomato, Ketchup and Mustard</p> <p><b>Sandwich Option #1:</b> Chicken Salad Sandwich on a Kaiser Roll with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Chicken Salad Garden Salad with Low Fat Dressing with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Broccoli, Baked Fries with Ketchup</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Spaghetti and Marinara Sauce with Meatballs</p> <p><b>Lunch Option #2:</b> Veggie Burger with American Cheese on a Whole Grain Roll</p> <p><b>Sandwich Option #1:</b> Meatball Sub with Provolone and Marinara</p> <p><b>Salad Option #1:</b> Chef Salad with Low Fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Cheesy Garlic Bread, Steamed Baby Carrots</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Chicken Fajitas with Peppers and Onions, Shredded Cheese, Lettuce and Tomatoes</p> <p><b>Lunch Option #2:</b> Veggie Quesadilla with Sour Cream and Salsa</p> <p><b>Sandwich Option #1:</b> Roast Beef and Cheddar on a Pretzel Bun with Lettuce, Tomato, and Pickles</p> <p><b>Salad Option #1:</b> Seafood Salad on a Garden Salad with Low Fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Seasoned Pinto Beans, Chili Lime Corn</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Chicken and Sausage Creole Jambalaya</p> <p><b>Lunch Option #2:</b> Red Bean Burrito with Lettuce, Tomato, Shredded Cheese, and Guacamole</p> <p><b>Sandwich Option #1:</b> Waldorf Chicken Salad Wrap</p> <p><b>Salad Option #1:</b> Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Red Beans and Rice, German Blend Vegetables</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Tempura Chicken with Asian Dipping Sauce</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut Sub with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Chef Salad with Low Fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Oven Roasted Diced Potatoes, Steamed Green Beans</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/10	Tuesday 1/11	Wednesday 1/12 National Curry Chicken Day	Thursday 1/13	Friday 1/14 National Hot Pastrami Sandwich Day
<p><b>Lunch Option #1:</b> Salisbury Steak and Gravy</p> <p><b>Lunch Option #2:</b> Herbed Chicken Breast</p> <p><b>Sandwich Option #1:</b> Turkey and Cheddar with Lettuce and Tomato on Whole Wheat</p> <p><b>Salad Option #1:</b> Herbed Chicken Breast over Garden Salad with Fat Free Ranch and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Brown Rice, Key Largo Vegetable Blend</p> <p><b>Today's Fruit:</b> Diced Peaches</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Whole Grain Chicken Tenders with Barbecue Dipping Sauce</p> <p><b>Lunch Option #2:</b> Whole Grain Fish Sticks with Tarter Sauce</p> <p><b>Sandwich Option #1:</b> Tuna Salad Sandwich on Whole Wheat with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Tuna Salad Garden Salad with low fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Baked Sweet Potato Fries with Ketchup, California Blend Vegetables</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Curry Chicken and Peppers</p> <p><b>Lunch Option #2:</b> Grilled Cheese on Texas Toast</p> <p><b>Sandwich Option #1:</b> Ham and American Cheese with Mustard on Wheat with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Cobb Salad</p> <p><b>Today's Sides:</b> Steamed Brown Rice, Seasoned Cauliflower</p> <p><b>Today's Fruit:</b> Fresh Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Oven Fried Chicken and Waffles</p> <p><b>Lunch Option #2:</b> Corned Beef Ruben</p> <p><b>Sandwich Option #1:</b> Barbecue Crispy Chicken Sandwich</p> <p><b>Salad Option #1:</b> Crispy Chicken Salad with Cheddar Cheese and Ranch</p> <p><b>Today's Sides:</b> Steamed Corn on the Cob, Oven Roasted Potatoes</p> <p><b>Today's Fruit:</b> Mixed Grapes</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut Sub</p> <p><b>Salad Option #1:</b> Grilled Chicken Caesar Salad</p> <p><b>Today's Sides:</b> Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/17	Tuesday 1/18	Wednesday 1/19	Thursday 1/20 National Cheese Lover's Day	Friday 1/21
<b>No School</b>	<p><b>Lunch Option #1:</b> Meatloaf with Brown Gravy</p> <p><b>Lunch Option #2:</b> Turkey Reuben</p> <p><b>Sandwich Option #1:</b> Chicken Caesar Wrap with Lettuce, Tomato, and Fresh Mozzarella</p> <p><b>Salad Option #1:</b> Chicken Caesar Salad with a Whole Grain Bun</p> <p><b>Today's Sides:</b> Seasoned Green Beans, Mashed Potatoes</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Whole Grain Chicken Tenders with Dipping Sauce</p> <p><b>Lunch Option #2:</b> Grilled Cheeseburger on a Whole Grain Bun with Lettuce and Tomatoes</p> <p><b>Sandwich Option #1:</b> Turkey and Cheddar with Chipotle Mayo on a Pretzel Bun</p> <p><b>Salad Option #1:</b> Asian Vegetable and Black Bean Salad</p> <p><b>Today's Sides:</b> Baked Fries, Key Largo Vegetables</p> <p><b>Today's Fruit:</b> Mandarin Oranges</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Baked Home-style Macaroni and Cheese</p> <p><b>Lunch Option #2:</b> Chicken Quesadilla with Sour Cream and Salsa</p> <p><b>Sandwich Option #1:</b> Grilled Cheese on Texas Toast</p> <p><b>Salad Option #1:</b> Fresh Mozzarella Caprese Salad with Balsamic Glaze and Roasted Red Peppers over Spinach</p> <p><b>Today's Sides:</b> Key Largo Vegetables, Cheesy Garlic Bread</p> <p><b>Today's Fruit:</b> Apple Slices</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<b>No School</b>
Monday 1/24	Tuesday 1/25	Wednesday 1/26	Thursday 1/27	Friday 1/28
<p><b>Lunch Option #1:</b> Beef Lasagna with Marinara</p> <p><b>Lunch Option #2:</b> Meatball Parmesan Sub on a Whole Grain Roll</p> <p><b>Sandwich Option #1:</b> Barbecue Chicken Wrap</p> <p><b>Salad Option #1:</b> Crispy Barbecue Chicken Salad with Low Fat Ranch and a Whole Grain Bun</p> <p><b>Today's Sides:</b> Steamed Broccoli, Seasoned Baby Carrots</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Sweet and Sour Chicken</p> <p><b>Lunch Option #2:</b> Asian Pepper Steak</p> <p><b>Sandwich Option #1:</b> Waldorf Chicken Salad Wrap</p> <p><b>Salad Option #1:</b> Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Steamed Brown Rice, Asian Blend Vegetables</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Yankee Pot Roast with Brown Gravy</p> <p><b>Lunch Option #2:</b> Tuna Melt on Texas Toast with Sliced Tomatoes and Cheddar Cheese</p> <p><b>Sandwich Option #1:</b> Buffalo Chicken Wrap with Ranch, Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Buffalo Chicken Salad with Low Fat Dressing and a Whole Grain Roll</p> <p><b>Today's Sides:</b> Garlic Mashed Potatoes, California Blend Vegetables</p> <p><b>Today's Fruit:</b> Tropical Fruit Salad</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Scrambled Eggs with Cheese, Sausage Patty, and French Toast</p> <p><b>Lunch Option #2:</b> Cheesesteak Sub on a Whole Grain Roll with American Cheese</p> <p><b>Sandwich Option #1:</b> Waldorf Chicken Salad Wrap</p> <p><b>Salad Option #1:</b> Waldorf Chicken Salad over a Garden Salad with a Whole Grain Roll</p> <p><b>Today's Sides:</b> Home Fried Potatoes, Mediterranean Grilled Vegetables</p> <p><b>Today's Fruit:</b> Fresh Melon</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>	<p><b>Lunch Option #1:</b> Cheese Pizza on Whole Grain Crust with Homemade Sauce</p> <p><b>Lunch Option #2:</b> Chicken Parmesan Sub with Provolone and Marinara</p> <p><b>Sandwich Option #1:</b> Italian Cold Cut on a Kaiser with Lettuce and Tomato</p> <p><b>Salad Option #1:</b> Grilled Chicken Caesar Salad</p> <p><b>Today's Sides:</b> Tossed Salad with Low Fat Dressing, California Blend Vegetable</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>
Monday 1/31				
<p><b>Lunch Option #1:</b> General Tso's Chicken</p> <p><b>Lunch Option #2:</b> Vegetable Spring Rolls with Dipping Sauce</p> <p><b>Sandwich Option #1:</b> Tuna Salad Wrap</p> <p><b>Salad Option #1:</b> Teriyaki Salmon Salad</p> <p><b>Today's Sides:</b> Steamed Broccoli, Vegetable Fried Rice</p> <p><b>Today's Fruit:</b> Diced Pears</p> <p>1% Plain or Flavored Milk, 100% Fruit Juice, or Bottled Water</p>				