

High School January Lunch Menu

| MONDAY December 31 | TUESDAY January 1 | WEDNESDAY January 2 | THURSDAY January 3 | FRIDAY January 4 |
|--|---|---|---|---|
| 2018 | | | Daily Special Cherry Blossom Chicken w/ Brown Rice Buttered Broccoli Assorted Fruits & Vegetables | Daily Special Pasta Bar w/ Salad & Breadstick Meatballs or Grilled Chicken Alfredo or Red Sauce Assorted Fruits & Vegetables |
| January 7 Daily Special Soft Taco or Nachos with Beef or Chicken & Cheese Buttered Corn Assorted Fruits & Vegetables | January 8 Daily Special Buffalo Chicken Tenders Soft Pretzel Carrots & Celery Assorted Fruits & Vegetables | January 9 Daily Special Macaroni & Cheese Coleslaw & Baked Beans Buttered Broccoli Assorted Fruits & Vegetables | January 10 Daily Special Grilled Cheese with Tomato Soup Steamed Peas Assorted Fruits & Vegetables | January 11 Daily Special Pasta Bar w/ Salad & Breadstick Meatballs or Grilled Chicken Alfredo or Red Sauce Assorted Fruits & Vegetables |
| January 14 Daily Special Chicken & Cheese Quesadilla Buttered Corn & Refried Beans Assorted Fruits & Vegetables | January 15 Daily Special Pittsburgh Cheesesteak Hoagie with Fries & Coleslaw Peppers & Onions Assorted Fruits & Vegetables | January 16 Daily Special Chicken Mashed Potato Bowl Buttered Corn Assorted Fruits & Vegetables | January 17 Daily Special Chicken Lo Mein w/ Fortune Cookie Steamed Vegetable Blend Assorted Fruits & Vegetables | January 18 Daily Special Pasta Bar w/ Salad & Breadstick Meatballs or Grilled Chicken Alfredo or Red Sauce Assorted Fruits & Vegetables |
| January 21 NO SCHOOL | January 22 Daily Special BBQ Pulled Pork on Hoagie Bun w/ Onion Rings Coleslaw Assorted Fruits & Vegetables | January 23 Daily Special Double Hot Dogs with Assorted Toppings Baked Beans Assorted Fruits & Vegetables | January 24 Daily Special Steak or Chicken Gyro with Cucumber Sauce Diced Cucumbers & Tomatoes Assorted Fruits & Vegetables | January 25 Daily Special Pasta Bar w/ Salad & Breadstick Meatballs or Grilled Chicken Alfredo or Red Sauce Assorted Fruits & Vegetables |
| January 28 Daily Special Walking Taco with Beef & Cheese Buttered Corn Assorted Fruits & Vegetables | January 29 Daily Special Mandarin Orange Chicken with Brown Rice Buttered Broccoli Assorted Fruits & Vegetables | January 30 Daily Special Oven Roasted BBQ Chicken w/ Stuffing Mashed Potatoes & Gravy Assorted Fruits & Vegetables | January 31 Daily Special Chicken Tortilla Soup with Tortilla Chips Refried Beans Assorted Fruits & Vegetables | |
| DAILY OPTIONS A Lunch is \$3.00 And Consists of: Whole Grains, Meat / Meat Alternate, Fruit and / or Fruit Juice, Vegetables & Milk | | | | |
| Deli Bar <i>Made to Order</i> Croissants, Hoagies, Wraps & Sandwiches with Toppings | Salad Bar Fresh Made Salads Daily Feature | Pizza Pawlor Fresh Made Pizzas: Cheese, Pepperoni & Specials | Stripes Grille Chicken Nuggets & Soft Pretzel, Burgers Chicken Sandwiches & Daily Specials | |

To Make a Lunch: Choose at Least 3 Items, 1 Must be a Fruit or Vegetable All rBST Hormone Free Milk: 1% White, Fat Free: Chocolate, Strawberry, Vanilla & White

PAYMENTS

Access your child's balance, setup low balance alerts, make online payment and apply for free or reduced meal benefits at www.schoolcafe.com
 Paper applications are available upon request. Please make checks payable to: MASD Food Service & write name and ID # on memo line.

QUESTIONS? Special dietary needs, account restrictions, benefit and account questions please contact:

Christie Leininger, Director of Food Services at 412-264-9440 ext. 1129 or email cleininger@moonarea.net

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