



Questions about
Nutrition Services please call:
303-853-7929

January 2019

Breakfast Lunch

Grades 9-12



Monday	Tuesday	Wednesday	Thursday	Friday
	1 No School!	2 No School!	3 No School!	4 No School!
7 Mini French Toast or Cereal, Fruit Cup, Juice, Milk Chicken Tenders w/ Mashed Potatoes & Gravy, Biscuit	8 Breakfast Burrito or Cereal, Juice, Apple Slices, Milk Posole w/ Green Chile Cheese Quesadilla	9 Breakfast Bread or Cereal, Juice, Banana, Milk Meatball Mashed Potato Bowl w/ Biscuit	10 Yogurt Parfait or Cereal, Fresh Fruit, Juice, Milk Chili Frito Pie	11 Breakfast Pizza or Cereal, Fresh Fruits, Milk Cheesy Breadstick w/ Marinara Sauce
14 Mini Waffles or Cereal, Juice, Fruit Cup, Milk Chicken Alfredo Bake w/ Breadstick	15 Breakfast Quesadilla or Cereal, Juice, Apple Slices, Milk Popcorn Chicken Meal w/ Biscuit	16 Muffin Top or Cereal, Juice, Banana, Milk Flatbread Philly Cheesesteak	17 Cinni Minni's or Cereal, Juice, Fruit Cup, Milk Green Chile Mac & Cheese w/ Breadstick	18 Breakfast Sandwich or Cereal, Fresh Fruit, Milk Traditional Cheese Enchilada Dinner w/ Rice and Beans
21 No School!	22 Breakfast Burrito or Cereal, Apple Slices, Juice, Milk Pasta Bake w/ Breadstick	23 Breakfast Bread or Cereal, Juice, Banana, Milk Chicken & Waffles	24 Yogurt Parfait or Cereal, Whole Fruit, Milk Meatball Sub w/ Tots	25 Breakfast Pizza or Cereal, Fresh Fruit, Milk Open Faced Green Chile Burger w/ Fries
28 Mini Waffles or Cereal, Juice, Fruit Cup, Milk Chicken Tornadoes w/ Rice & Beans	29 Breakfast Quesadilla or Cereal, Apples Slices, Juice, Milk Cheese Ravioli w/ Breadstick	30 Muffin Top or Cereal, Banana, Juice, Milk Omelet, Sausage, Biscuit Breakfast Meal	31 Cinni Minni's or Cereal, Fruit Cup, Juice, Milk Chicken Mashed Potato Bowl	1-Feb Breakfast Sandwich or Cereal, Fresh Fruit, Milk Chili Con Carne w/ Cheddar Biscuit

Also offered weekly

Cheeseburger, Chicken Sandwich, Fries	Hamburger, Spicy Chicken Sandwich, Tots	Pork Sandwich, Hot Dog, Fries	Cheeseburger, Chicken Sandwich, Tots	Hamburger, Spicy Chicken Sandwich, Fries
Cheese Pizza, Sausage & Jalapeno Pizza, Marinara Sauce	Cheese Pizza, Hawaiian Pizza, Marinara Sauce	Cheese Pizza, Taco Pizza, Marinara Sauce	Cheese Pizza, Bacon Cheeseburger Pizza, Marinara Sauce	Cheese Pizza, Pepperoni Pizza, Marinara Sauce
General Tso Chicken w/ Lo Mein	Sweet & Sour Meatballs w/ Fried Rice	Egg Roll Meal w/ Lo Mein	Orange Chicken w/ Fried Rice	Chef's Choice
Creamy Chicken Enchilada Bake w/ Rice and Beans	Beef Soft Shell Tacos, Beans, Cilantro Lime Rice, Toppings	BYO Burrito, Beans & Cilantro-Lime Rice	Carnitas or Chicken Taco Bowl	Smothered Bean Burrito w/ Rice and Beans
Southwest Turkey Wrap	Hot Ham & Cheese on a Pretzel Bun	Italian Hoagie	Hot Turkey & Cheese on a Pretzel Bun	Club Wrap



Menu items subject to change based on availability.

This institution is an equal opportunity provider and employer.

All enrolled students eat at no charge for the first serving of breakfast and lunch. * 2nd Serving of Breakfast; \$1.50 * 2nd Serving of Lunch \$2.50 * Additional Milk \$0.60/Water \$0.50

Adult Meals

Breakfast \$2.50

Lunch \$3.75

Daily Offerings: 1% and non-fat white milk, non-fat chocolate milk, 8oz water & salad bar

Seasonal offerings daily on the salad bar.

*Don't forget to take at least 1/2 cup of fruit or vegetable with your lunch! *