



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

January 2019

Breakfast **Lunch**

LAHS



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, Apple Slices, Juice, Milk Beef Tacos	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 Egg Roll / Lo Mein & Stir Fry Veggies	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 & 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, Fresh fruit, Juice, Milk Carnitas Taco Bowl	25 Breakfast Pizza or Cereal, Fresh Fruit, Milk Orange Chicken w/ Fried Rice
28 Mini Waffles or Cereal, Juice, Fruit Cup, Milk Creamy Chicken Cheese Enchiladas	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 Hot Ham Sandwich on Pretzel Bun	1-Feb Breakfast Sandwich or Cereal, Fresh Fruit, Milk Chili Con Carne w/ Cheddar Biscuit
Cheeseburger, Chicken Sandwich, Fries Cheese Pizza, Sausage & Jalapeno Pizza, Marinara Sauce	Hamburger, Spicy Chicken Sandwich, Tots Cheese Pizza, Hawaiian Pizza, Marinara Sauce	Pork Sandwich, Hot Dog, Fries Cheese Pizza, Taco Pizza, Marinara Sauce	Cheeseburger, Chicken Sandwich, Tots Cheese Pizza, Bacon Cheeseburger Pizza, Marinara Sauce	Hamburger, Spicy Chicken Sandwich, Fries Cheese Pizza, Pepperoni Pizza, Marinara Sauce



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 atleast 1/2 cup of fruit or vegetable with your lunch! *