



unkhannock High School January 2019 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>A HAPPY NEW YEAR</p>	<p>1</p>	<p>2</p> <p>Salisbury Steak w/ Gravy Texas Garlic Toast Mashed Potatoes Steamed Carrots Chilled Pears</p>	<p>3</p> <p>Bacon Cheeseburger On a bun Baked Fries Green Beans Chilled Peaches</p>	<p>4</p> <p>Bosco Cheese Sticks w/ Sauce Salad w/ House Dressing Pineapple Tidbits</p>
<p>7 <u>Tiger Bowl</u> Popcorn Chicken Mashed Potatoes, Corn Topped w/ Gravy & Cheese Whole Wheat Roll Chilled Peaches</p>	<p>8</p> <p>Hard or soft Taco Shells W/Taco meat and Cheese. Lettuce and Tomato Cup Corn Mixed Fruit</p>	<p>9</p> <p>Buffalo Chicken Hoagie Celery Sticks w/ Blue Cheese Seasoned Baked Fries Apple Sauce</p>	<p>10</p> <p>French Toast Sticks W/ Syrup Sausage Patty Tater Tots Warm Cinnamon Apples</p>	<p>11</p> <p>Texas Toast Grilled Cheese Tomato Soup Pickle Spear Assorted Fruit</p>
<p>14</p> <p>General Tso Beef & Broccoli Steamed Rice Mandarin Oranges Cup</p>	<p>15</p> <p>Buffalo Chicken Pizza Celery w/ Blue Cheese Seasoned Fries Chilled Pears</p>	<p>16</p> <p>Chicken Fryz WW Roll Mashed Potato & Gravy Green Beans Assorted Fruit</p>	<p>17 <u>Chicken Nacho Salad</u> Tortilla Rounds W/ Taco Meat Cheese, Lettuce & Tomato Refried Beans Chilled Peaches</p>	<p>18</p> <p>Max's Cheesy Bread Sticks w/ Sauce Salad w/ House Dressing Pineapple Tidbits</p>
<p>21</p> <p>Homemade Mac & Cheese Green Beans Popcorn Chicken Stewed Tomatoes</p>	<p>22</p> <p>Hot Dog on a Bun w/ Chili & Cheese Baked Beans Baked Fries Assorted Fruit</p>	<p>23</p> <p>Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Carrots Apple Crisp w/ Topping</p>	<p>24</p> <p>Chicken & Cheese Quesadilla Salsa & Sour Cream Baked Fries Mandarin Oranges Cup</p>	<p>25</p> <p>Pretzel Bun Melt Tomato Soup Pickle Spear Assorted Fruit</p>
<p>28</p> <p>Chicken Tenders WW Roll Mashed Potato & Gravy Green Beans Mixed Fruit</p>	<p>29 <u>Nacho Grande</u> Tortilla Rounds W/ Taco Meat Cheese, Lettuce & Tomato Refried Beans Chilled Peaches</p>	<p>30</p> <p>Cheesy Meatloaf WG Roll Mashed Potatoes Carrots Assorted Fruit Ice Cream</p>	<p>31</p> <p>No School</p>	

Questions or Comment?
Please call Jackie at
836-8268.

MENU SUBJECT TO CHANGE



Lunch \$2.90
Breakfast \$1.80
Milk \$.50



Choice of Milk served Daily
(1% & Skim White & Fat Free Flavored)
Fresh Fruit Variety & 100% Juice Served Daily
(Apple, oranges, Bananas and Seasonal Fruit)

What is a Meal?
You must choose 3 of 5 Components offered.
(Minimum of 1/2 cup of Vegetable or fruit must Taken daily.)
Choices:
Meat or Meat Alternative
Grain
Vegetable
Fruit
Milk



Salad Bar Served Daily

Assorted Sandwiches Made Fresh Daily

