





**2011-2012 JANUARY SECONDARY BREAKFAST MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HONEY WHEAT DONUT JUICE MILK	POP TARTS JUICE MILK	WHOLE WHEAT CINNAMON BUN JUICE MILK	CEREAL STRING CHEESE JUICE MILK	MAPLE PANCAKES JUICE MILK

**2011-2012 JANUARY SECONDARY LUNCH MENU *ITEM CONTAINS PORK***

2 <b>NO SCHOOL!</b>	3 <b>NO SCHOOL!</b>	4 <b><u>FRENCH BREAD</u></b> <b><u>PEPPERONI PIZZA</u></b> CALIF MIXED VEGETABLES 100% FRUIT ICE CHOCOLATE CHIP COOKIE	5 SPICY CHICKEN STRIPS AU GRATIN POTATOES BREAD/MARGARINE  FRUIT CUP BBQ SAUCE	6 TOASTED CHEESE SANDWICH TOMATO SOUP PICKLE/PEPPER RELISH FRUIT CUP
9 CHICKEN NUGGETS BAKED POTATO/MARGARINE BREAD/MARGARINE FRUIT CUP BBQ SAUCE	10 <b><u>FRENCH BREAD</u></b> <b><u>PEPPERONI PIZZA</u></b> CALIF MIXED VEGETABLES 100% FRUIT ICE HOLLYWOOD SQUARE	11 GENERAL TSO CHICKEN RICE  STEAMED BROCCOLI SEASONAL FRESH FRUIT	12 TURKEY W/GRAVY OVER RICE STEAMED PEAS BREAD/MARGARINE 100% FRUIT ICE SEASONAL FRESH FRUIT	13 MEATBALLS IN ITALIAN SAUCE W/(2) BREADSTICKS TOSSED SALAD SEASONAL FRESH FRUIT
16 <b>NO SCHOOL!</b>  <b>MARTIN LUTHER KING DAY</b>	17 <b><u>FRENCH BREAD</u></b> <b><u>PEPPERONI PIZZA</u></b> CARROT RELISH  SEASONAL FRESH FRUIT CHOCOLATE CHIP COOKIE	18 SPICY CHICKEN WRAP SANDWICH W/CHEESE RANCH DRESSING SHREDDED LETTUCE SALAD SEASONAL FRESH FRUIT	19 SALISBURY STEAK W/GRAVY MASHED POTATOES BREAD/MARGARINE 100% FRUIT ICE	20 <b>NO SCHOOL!</b> <b>CITY-WIDE INSERVICE DAY</b>
23 POPCORN CHICKEN BOWL CORN BREAD/MARGARINE SEASONAL FRESH FRUIT	24 <b><u>FRENCH BREAD</u></b> <b><u>PEPPERONI PIZZA</u></b> RELISH TRAY SEASONAL FRESH FRUIT OATMEAL RAISIN COOKIE	25 GENERAL TSO CHICKEN RICE STEAMED BROCCOLI SEASONAL FRESH FRUIT	26 SOFT BEEF TACO W/CHEESE RICE SHREDDED LETTUCE SALAD 100% FRUIT ICE	27 CHEESE STUFFED BREAD STICKS ITALIAN DIPPING SAUCE TOSSED SALAD SEASONAL FRESH FRUIT

ALTERNATIVE DAILY ENTRÉE MAY INCLUDE, WHEN AVAILABLE: HAMBURGER ON BUN AND/OR MENU SUBJECT TO CHANGE WITHOUT NOTICE  
CHEF SALAD. DAILY MEAL INCLUDES CHOICE OF ASSORTED FRUIT AND ASSORTED MILK.

**Q: What is the nutritional value of the foods that are served? Are the meals balanced?**

A. We adhere to the National School Lunch Program guidelines. These guidelines follow the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. School lunches must provide one-third of the Recommended Dietary Allowances of protein, vitamin A, vitamin C, iron, calcium & calories. We offer protein, fruits and vegetables, and milk each and every day.



Hot Lunch Every Day,  
Eat the Healthy Way!

