

United High School

Lunch

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			Jan-4 Cook's Choice Green Beans Bosco Sticks Cucumbers	Jan-5 Pizza Carrots Blueberry Muffin Green Pepper
Jan-8 Hamburger French Fries Baked Beans Red Peppers Shredded Romaine Sliced Tomatoes	Jan-9 Crispito Romaine Salad Cheese Corn Cookies and Cream	Jan-10 Chicken Fried Steak Country Gravy Mashed Potatoes Green Beans Cucumbers Bread and Butter	Jan-11 Chili or Chicken Noodle Soup Peanut Butter Sandwich Crackers Carrot Sticks Celery	Jan-12 Pulled Pork Sandwich Romaine Salad Fritos Green Pepper Cupcake
Jan-15  No School	Jan-16 Fajita Shredded Romaine Cheese Green Beans Diced Tomatoes Salsa	Jan-17 Chicken Strips Mashed Potatoes Broccoli Bread and Butter	Jan-18 Spaghetti and Meat Sauce Romaine Salad Cucumbers Bosco Stick	Jan-19 Pizza Carrot Sticks Celery Sticks Hummus Brownies
Jan-22 BBQ Rib Sandwich Tater Tots Baked Beans Red Peppers	Jan-23 Pulled Pork Nachos Romaine Salad Corn Spanish Rice Chocolate Chip Cookie	Jan-24 Popcorn Chicken Mashed Potatoes Green Beans Bread and Butter Cucumbers	Jan-25 Chicken Alfredo Broccoli Bosco Stick Green Peppers	Jan-26 Turkey Sandwich Romaine Salad Sun Chips Carrot Sticks Ice Cream
Jan-29 Tenderloin Sandwich Au Gratin Potatoes Peas Shredded Romaine Sliced Tomatoes	Jan-30 Baked Potato Ham Broccoli Cheese Celery Sticks Bread and Butter Oreo	Jan-31 Turkey and Noodles Mashed Potatoes Green Beans Country Gravy Biscuit Cucumbers		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data. **NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Milk, Water available with all meals. Condiments available when part of the menu.