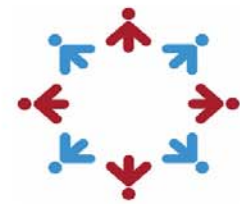


# JANUARY HIGH SCHOOL LUNCH MENU:



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2018 HAPPY NEW YEAR</b>	<b>2</b> TOP YOUR OWN HAMBURGER CRINKLE CUT FRIES BAKED BEANS ASST. FRUITS & VEG. CHOCOLATE CHIP COOKIE MILK	<b>3</b> CHICKEN BITES FRIED RICE STIR FRY VEGETABLES MIXED GREENS SALAD FRESH FRUIT & JUICE FRESH BAKED ROLL MILK	<b>4</b> MINI CORN DOGS HERB ROASTED POTATOES CARROT STICKS with HUMMUS FRESH FRUIT CHOICE FRUIT ICE MILK	<b>5</b> ITALIAN DUNKER MARINARA SAUCE ITALIAN BLEND VEGETABLES MIXED GREENS SALAD FRESH FRUIT & JUICE MILK
<b>8</b> CHICKEN PATTY ON A BUN LETTUCE & TOMATO CURLY FRIES BAKED BEANS COLESLAW FRESH ASST. FRUIT CARNIVAL COOKIE MILK	<b>9</b> CHEESE OMELET CINN GLAZED FRENCH TOAST TRI-TATORS FRESH ASST. FRUIT YOGURT MILK	<b>10</b> CHICKEN NUGGETS PASTA PLUS PENNE PEAS MIXED GREENS SALAD FRESH ASST. FRUIT MILK	<b>11</b> *COUNTRY FRIED STEAK MASHED POTATOES CORN FRESH ASST. FRUIT FRESH BAKED ROLL MILK	<b>12</b> TOMATO SOUP GRILLED HAM & SWISS ASST. FRUITS & VEG. CARROT STICKS with HUMMUS GOLDFISH CRACKERS MILK ***** <small>Minnesota Made Special: SHEPHERD'S PIE</small>
<b>15</b>  NO SCHOOL	<b>16</b> BREADED MOZZ STICKS MARINARA SAUCE PASTA PLUS PENNE PROVENCE BLEND VEG. MIXED GREENS SALAD FRESH ASST. FRUIT MILK	<b>17</b> * PULLED PORK SANDWICH SIDEWINDER POTATOES FRESH VEGGIES COLESLAW FRESH FRUIT & JUICE JONNY POP MILK	<b>18</b> BEEFY NACHOS CHEESY REFRIED BEANS CORN FRESH ASST. FRUIT COWBOY BREAD MILK	<b>19</b> CHICKEN TENDER MASHED POTATOES CALIFORNIA BLEND VEG ASST. FRUITS & VEG. FRESH BAKED ROLL MILK
<b>22</b>  MARTIN LUTHER KING DAY	<b>23</b> SPAGHETTI SAUCE CURLY PASTA GREEN BEANS TOSSED SALAD FRESH ASST. FRUIT GARLIC BREAD STICK MILK	<b>24</b> CHEESY TWISTED BREADSTICKS MARINARA SAUCE PARMESAN CRUSTED EDAMAME TOSSED SALAD FRESH ASST. FRUIT * MINI RICE KRISPIE BAR MILK	<b>25</b> PARMESAN GARLIC CHICKEN MASHED POTATOES STEAMED BABY CARROTS ASST. FRUITS & VEG. FRESH BAKED ROLL MILK	<b>26</b> PEPPERONI & CHEESE PIZZA CAULIFLOWER BAKE MIXED GREENS SALAD FRESH ASST. FRUIT YOGURT PARFAIT MILK
<b>29</b> CHICKEN ALFREDO GREEN BEANS TOSSED GREENS FRUIT CHOICE BREAD STICK MILK	<b>30</b> TOP YOUR OWN HAMBURGER CRINKLE CUT FRIES BAKED BEANS ASST. FRUITS & VEG. CHOCOLATE CHIP COOKIE MILK	<b>31</b> CHICKEN MEGA MINIS FRIED RICE STIR FRY VEGETABLES MIXED GREENS SALAD FRESH FRUIT & JUICE FRESH BAKED ROLL MILK	<p style="color: red; font-weight: bold; margin: 0;"><i>Meal Viewer is Here - Check it out</i></p> <p style="font-weight: bold; margin: 0;"><b>Hover over a menu item and see information on it including:</b></p> <ul style="list-style-type: none"> <li>* a photo showing the actual food</li> <li>* a description of the menu item</li> <li>* a summary of the nutritional information</li> <li>* whether it contains major allergens</li> </ul> <p style="font-size: small; margin: 0;">Students can set up profiles to flag allergens or favorites on the menu. Students can also give feedback by rating menu items. Download the MealViewer To Go App ** or ** check us out at <a href="http://www.schools/mealviewer.com">www.schools/mealviewer.com</a></p>	

## ALTERNATE LINE:

Sub Line Hot Sandwich Chicken Caesar Salad ~ P.B.&J. Box Lunch	Sub Line Chicken Basket Taco Salad ~ P.B.&J. Box Lunch	Burrito Bar * Pizza Asian Chicken Salad ~ P.B.&J. Box Lunch	Sub Line Ethnic Plate Crispy Chicken Salad ~ P.B.&J. Box Lunch	Sub Line Cook's Choice * Chef Salad ~ P.B.&J. Box Lunch
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## BIG CAT GRILL MENU: \$3.40

<ul style="list-style-type: none"> <li>* Fresh Wrap</li> <li>* Croissant Sandwich</li> <li>Mini Corn Dogs</li> <li>Chicken Tenders</li> <li>* Big Daddy's Pizza</li> <li>Cheeseburger</li> <li>Grilled Chicken Fillet</li> <li>Black Bean Burger</li> <li>*****</li> <li>French Fries</li> <li>Carrots &amp; Celery</li> <li>Fruit Choice</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Wrap</li> <li>* Croissant Sandwich</li> <li>* Flatbread Pizza</li> <li>* Big Daddy's Pizza</li> <li>Popcorn or Buffalo Chicken</li> <li>Cheeseburger</li> <li>Grilled Chicken Sandwich</li> <li>*****</li> <li>Sweet Potato or French Fries</li> <li>Mixed Greens Salad</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Wrap</li> <li>* Croissant Sandwich</li> <li>Mini Corn Dogs</li> <li>Chicken Tenders</li> <li>* Big Daddy's Pizza</li> <li>Cheeseburger</li> <li>Grilled Chicken Fillet</li> <li>Black Bean Burger</li> <li>*****</li> <li>French Fries</li> <li>Carrots &amp; Celery</li> <li>Fruit Choice</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Wrap</li> <li>* Croissant Sandwich</li> <li>* Flatbread Pizza</li> <li>* Big Daddy's Pizza</li> <li>Popcorn or Buffalo Chicken</li> <li>Cheeseburger</li> <li>Grilled Chicken Sandwich</li> <li>*****</li> <li>Sweet Potato or French Fries</li> <li>Baked Beans</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>* Fresh Wrap</li> <li>* Croissant Sandwich</li> <li>Mini Corn Dogs</li> <li>Chicken Tenders</li> <li>* Big Daddy's Pizza</li> <li>Cheeseburger</li> <li>Grilled Chicken Fillet</li> <li>Black Bean Burger</li> <li>*****</li> <li>French Fries</li> <li>Carrots &amp; Celery</li> <li>Fruit Choice</li> </ul>
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*"This Institution is an equal opportunity provider and employer."*

REGULAR PAID LUNCH = \$2.60    BIG CAT MEALS = \$3.40

*Free & Reduced status qualifies for Regular & Big Cat Meals.*

Applications for free or reduced meals can be obtained at each school or online at [www.isd194.org](http://www.isd194.org)

\* Denotes foods containing Pork    ~ Denotes foods containing Peanuts

For additional nutritional information Download the MealViewer To Go App or Check us out at [www.schools/mealviewer.com](http://www.schools/mealviewer.com)