



**PANTANO HIGH SCHOOL
LUNCH – JANUARY 2018**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**School Closed
Winter Break
January 1-5
2018**



**Our menu is
Trans Fat Free!**

School lunch provides 1/3 of the average daily calorie needs for kids by age.

Cold Sandwiches

Monday – Crispy Chicken Wrap
Tuesday – Turkey & Cheese Sub
Wednesday – Buffalo Chicken Wrap
Thursday – Italian Sub
Friday – Club Wrap

Students MUST select 3 out of the 5 meal components.

One of the 3 components selected MUST be a fruit Or vegetable.

** \$3.50 Student meal
\$4.00 Adult meal

8
Chili Frito Pie w/ Dinner Roll
OR
Bacon Cheeseburger
OR
Chef Salad w/ Dinner Roll

Green Beans
Fruit
1% and Fat Free Milk

9
Chicken Alfredo w/ Breadstick
OR
Supreme Pizza
OR
Crispy Chicken Salad w/ Dinner Roll

Carrot Coins
Fruit Juice
1% and Fat Free Milk

10
Chicken Fajita w/ Spanish Rice
OR
Beefy Nachos
OR
Chef Salad w/ Dinner Roll

Pinto Beans
Fruit
1% and Fat Free Milk

11
Hot Philly Cheese Steak Sub
OR
Sausage Stromboli
OR
Buffalo Chicken Salad w/ Dinner Roll

Broccoli
Fruit Juice
1% and Fat Free Milk

12
Orange Chicken w/ Brown Rice
OR
Spicy Chicken Patty
OR
BLT Salad w/ Dinner Roll

Corn
Fruit
1% and Fat Free Milk

**School Closed
Martin Luther King Jr. Day**

16
Italian Meatball Sub
OR
Chicken Nachos
OR
Buffalo Chicken Salad w/ Dinner Roll

Cauliflower
Fruit Juice
1% and Fat Free Milk

17
Cheese Enchilada
OR
Spicy Chicken Patty
OR
Chicken Caesar salad w/ Dinner roll

Ranchero Beans
Fruit
1% and Fat Free Milk

18
Oven Roasted Chicken & Waffles
OR
Bean & Cheese Burrito
OR
Crispy Chicken Salad w/ Dinner Roll

Carrot Coins
Fruit Juice
1% and Fat Free Milk

19
Sesame Ginger Chicken
OR
Spicy Chicken Patty
OR
Chef Salad w/ Dinner Roll

Broccoli
Fruit Juice
1% and Fat Free Milk

22
Hot Philly Chicken Cheese Sub
OR
Beefy Nachos
OR
Buffalo Chicken Salad w/ Dinner Roll

Green Beans
Fruit
1% and Fat Free Milk

23
Chicken Fried Steak w/ Dinner Roll
OR
Sausage Pizza
OR
Crispy Chicken Salad w/ Dinner Roll

Whipped Potatoes/Gravy
Fruit Juice
1% and Fat Free Milk

**Early Release
No Lunch Service**

25
Supreme Pizza
OR
Italian Meatball Sub
OR
Buffalo Chicken salad w/ Dinner roll

Carrot Coins
Fruit
1% and Fat Free Milk

26
Chicken Broccoli Stir Fry w/ Brown Rice**
OR
Shr. BBQ Pork Sandwich
OR
BLT Salad w/ Dinner Roll

Broccoli
Fruit Juice
1% and Fat Free Milk

29
Italian Lasagna w/ Garlic Bread**
OR
Spicy Chicken Patty
OR
Chef Salad w/ Dinner Roll

Carrot Coins
Fruit
1% and Fat Free Milk

30
Rotini & Meat Sauce
OR
Cheeseburger
OR
Buffalo Chicken Salad w/ Dinner Roll

Broccoli
Fruit
1% and Fat Free Milk

31
Pepperoni Stromboli
OR
Chicken Patty Sandwich
OR
Chicken Caesar Salad w/Dinner Roll

Black Beans
Fruit
1% and Fat Free

All grains offered are Whole Grain Rich. Items included are: pasta, breads Buns, tortillas, dinner rolls and all breading used on food items.

Nutritional information is available at the food service office.

Menus subject to change without notice.

“This institution is an equal opportunity provider.”