

# January 2019

## NYSSA HIGH SCHOOL

### LUNCH

Happy New Year! Best wishes for an awesome 2019.  
 Hope you had a wonderful winter break!  
 Celebrate the joy of being part of a wonderful school district.



All lunches are served with 1% white and fat free chocolate milk.  
 Menu subject to change.  
 All schools have fully stocked salad bars.  
 This institution is an equal opportunity provider.

### Monday



### Tuesday

### Wednesday

### Thursday

### Friday

WINTER BREAK

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7  
 SWEET ORANGE CHICKEN  
 BROWN RICE  
 EGG ROLL/ CHOW MEIN NOODLES  
 CRISP ROMAINE LETTUCE  
 RED BELL PEPPER STRIPS  
 SLICED PEACHES

8  
 CHEESY BEEF NACHOS  
 WG TORTILLILLA CHIPS  
 CRISP ROMAINE LETTUCE  
 CRUNCHY BABY CARROTS  
 RED KIDNEY BEANS  
 APPLESAUCE

9  
 HAMBURGER PATTY  
 WHOLE GRAIN BUN  
 CRISP ROMAINE LETTUCE  
 BAKED BEANS  
 CRUNCHY BABY CARROTS  
 ORANGE WEDGES

10  
 CHILI CON CARNE & BEANS  
 WHOLE GRAIN BISCUIT  
 CRISP ROMAINE  
 CUCUMBER COINS  
 PEAR SLICES

11  
 PEPPERONI CALAZONES  
 CUCUMBER COINS  
 CRUNCHY BABY CARROTS  
 PINEAPPLE TIDBITS

14  
 GRILLED CHEESE  
 SANDWICH  
 CRISP ROMAINE LETTUCE  
 CUCUMBER COINS  
 BAKED BEANS  
 SLICED PEACHES

15  
 CHICKEN & NOODLES  
 WHOLE GRAIN BISCUITS  
 CRISP ROMAINE LETTUCE  
 SWEET PEAS  
 APPLESAUCE

16  
 CHICKEN FILLET  
 SANDWICH  
 WHOLE GRAIN BUN  
 CRISP ROMAINE LETTUCE  
 JUICY TOMATOES  
 ORANGES WEDGES

17  
 SLOPPY JOES  
 WHOLE GRAIN BUN  
 CRISP ROMAINE LETTUCE  
 BROCCOLI SPEARS  
 PEAR SLICES

18  
 FISH NUGGETS OR  
 SPICY FISH PATTY  
 BROWN RICE  
 CRISP ROMAINE LETTUCE  
 WHOLE KERNEL CORN  
 PINEAPPLE TIDBITS

21  
 NO SCHOOL

HOLIDAY

22  
 CHICKEN & GRAVY  
 CREAMY POTATOES  
 WHOLE GRAIN BISCUIT  
 CRISP ROMAINE LETTUCE  
 SWEET PEAS  
 APPLESAUCE

23  
 ROUND PEPPERONI PIZZA  
 CRISP ROMAINE LETTUCE  
 BABY CARROTS  
 ORANGE WEDGES

24  
 CHICKEN PATTY OR  
 SPICY CHICKEN PATTY  
 WHOLE GRAIN BUNS  
 CRISP ROMAINE LETTUCE  
 JUICY TOMATOES  
 PEAR SLICES

25  
 CORN DOGS  
 CRISP ROMAINE LETTUCE  
 RED BELL PEPPER SPEARS  
 BAKED BEANS  
 PINEAPPLE TIDBITS

28  
 TAMALES  
 CRISP ROMAINE LETTUCE  
 JUICY TOMATOES  
 PINTO BEANS  
 SLICED PEACHES

29  
 CHICKEN NUGGETS  
 TATER TOTS  
 CRISP ROMAINE LETTUCE  
 CUCUMBER COINS  
 APPLESAUCE

30  
 ITALIAN SPAGHETTI WITH  
 MEAT SAUCE  
 WHOLE GRAIN BREAD  
 CRISP ROMAINE LETTUCE  
 BABY CARROTS  
 ORANGE WEDGES

31  
 HOT DOG  
 WHOLE GRAIN BUN  
 CRISP ROMAINE LETTUCE  
 BAKED BEANS  
 PEAR SLICES

