



# JANUARY | 2019

## Heath High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 No School	1 Happy New Year!!	2 No School	3 No School	4 No School
7 Welcome Back!	8 <b>General Tso Chicken or Tangerine Chicken</b> Steamed Rice Mixed Vegetables Water Chestnuts Mandarin Oranges Fortune Cookie & Milk	9 <b>DONATOS Pizza</b> Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Pudding Cup Milk	10 <b>Brunch for Lunch</b> Breakfast Pizza Hash Browns Carrot Sticks Juice Cup Milk	11 <b>Taco Bar</b> Chicken Fajita or Taco Meat, Tortilla Bowl, Rice, Black Beans, Cheese, Lettuce, Jalapenos, Sour Cream, Salsa, Cinnamon Churro Stick, Chilled Fruit & Milk
14 <b>Mac &amp; Cheese w/Jumbo Pretzel</b> Steamed Peas Salad Bar w/Dressing Mixed Fruit Milk	15 <b>Bacon Cheeseburger or Cheeseburger on Bun</b> Baked Beans Onion Rings Sliced Peaches Milk	16 <b>Pepperoni Stromboli from Clay's Cafe</b> Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Salad Fruit Roll Up Milk	17 <b>Lasagna Roll Up w/Sauce</b> Garlic Bread Sticks Steamed Green Beans Fruit Cup Milk	18 <b>Grilled Cheese &amp; Tomato Soup</b> Goldfish Crackers Salad Bar w/Dressing Choice of Fruit Milk
21 No School	22 <b>Boneless Wings w/Sauce</b> Waffle Fries Celery Sticks Chilled Pears Milk	23 <b>DONATOS Pizza</b> Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Cupcake Milk	24 <b>Brunch for Lunch</b> Egg Omelet w/Toppings Choice of Cereal Hash Browns Carrot Sticks Juice Cup Milk	25 <b>Chili in a Bread Bowl</b> Salad Bar w/Dressing Steamed Broccoli Warm Cinnamon Apples Milk
28 <b>Bosco Sticks w/Sauce</b> Cheese or Pepperoni Steamed Green Beans Salad Bar w/Dressing Choice of Fruit Milk	29 <b>Popcorn Chicken Mashed Potato Bowl w/Gravy</b> Golden Corn Salad Bar w/Dressing Choice of Fruit Milk	30 <b>Big Daddy Pizza</b> Pepperoni, Buffalo or Cheese Salad Bar w/Dressing Cherry Tomatoes Fresh Fruit Salad Rice Krispies Treat Milk	31 <b>Cheese Ravioli w/Marinara Sauce</b> Texas Toast California Blend Veggies Choice of Fruit Milk	1 <b>Quesadilla w/Salsa</b> Beef, Chicken or Cheese Salad w/Dressing Refried Beans Fresh Fruit Milk

### News

**All Beef Hot Dogs offered Daily!**

Breakfast includes a choice of fruit and milk

Monday – Mini Donuts & Nutri Grain Bars

Tuesday – Sausage Pancake on a Stick & Breakfast Bosco Sticks

Wednesday – Cream Cheese Filled Bagels & Otis Spunkmeyer Muffin

Thursday – Honey Bun & Oatmeal Bars

Friday – Mini Pancakes & Apple Strudel

**Breakfast 1.50**

**Reduced .30**

**Lunch 2.80**

**Reduced .40**

**Ala Carte Entrée \$2.30**

**Milk .50**

Salad Bar with Fresh Toppings Daily  
Yogurt Parfait

Tuna Fish Sandwich

P B & J Uncrustable

Hummus w/Pretzel Chips

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