

# JANUARY 2019 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>  NO SCHOOL	<b>2</b> Pasta w/ Meat Sauce <sup>HM</sup> 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese <sup>HM</sup> 507 cal \$3.25	<b>3</b> Macaroni & Cheese <sup>HM</sup> 382 cal \$2.80 Chili <sup>HM</sup> w/ WG Chips 416 cal \$2.55	<b>4</b> Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche <sup>HM</sup> 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
<b>7</b> BBQ <sup>HM</sup> Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese <sup>HM</sup> 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	<b>8</b> BBQ <sup>HM</sup> Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	<b>9</b> Taco Cheese Puff <sup>HM</sup> 419 cal \$2.55 Deviled Eggs <sup>HM</sup> & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	<b>10</b> Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche <sup>HM</sup> 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	<b>11</b> Philly Steak & Cheese <sup>HM</sup> Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
<b>14</b> Pasta w/ Meat Sauce <sup>HM</sup> 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese <sup>HM</sup> 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	<b>15</b> Macaroni & Cheese <sup>HM</sup> 382 cal \$2.80 Chili <sup>HM</sup> w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	<b>16</b> Taco Salad <sup>HM</sup> 426 cal \$4.00 Deviled Eggs <sup>HM</sup> & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	<b>17</b> Chicken Parmesan <sup>HM</sup> w/ Pasta 414 cal \$3.25 BBQ <sup>HM</sup> Chicken Drumstick w/ Green Beans 359 cal \$3.25 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	<b>18</b> Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche <sup>HM</sup> 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
<b>21</b>  NO SCHOOL	<b>22</b> BBQ <sup>HM</sup> Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese <sup>HM</sup> 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	<b>23</b> BBQ <sup>HM</sup> Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	<b>24</b> Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche <sup>HM</sup> 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	<b>25</b> Philly Steak & Cheese <sup>HM</sup> Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
<b>28</b>  NO SCHOOL	<b>29</b> Pasta w/ Meat Sauce <sup>HM</sup> 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese <sup>HM</sup> 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	<b>30</b> Macaroni & Cheese <sup>HM</sup> 382 cal \$2.80 Chili <sup>HM</sup> w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	<b>31</b> Southwest Turkey Chef Salad 270 cal \$4.00 Grilled Cheese & Tomato on Rye 294 cal \$2.55 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	