

Menus for January 2019



This institution is an equal opportunity provider. Menus are subject to change.



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for
convenient, economical,
healthy meals!

Breakfast	Lunch
\$1.70	\$2.70

Learn more about free and reduced-price meals at www.rhnet.org or email kstetter@rhnet.org

Wednesday, January 2

- *Fajita Chicken on Loco Bread with all the Trimmings
- *Ham & Cheese on Whole Wheat
- Sides**
- Golden Hash Brown Patty
- Warm Sliced Apples
- Fresh Fruit
- Tossed Salad

Thursday, January 3

- *Italian Rotini Pasta
- Beef Meatballs
- Garlic Bread
- *Deli (bologna) on Whole Wheat
- Sides**
- Tasty Green Beans
- Diced Peaches
- Fantastic Fresh Fruit
- Tossed Salad

Friday, January 4

- *"Juicy" Cheeseburger on a Bun
- Crispy French Fries
- *Roasted Chicken Salad Wrap
- Sides**
- Baked Beans
- Diced Pears
- Fantastic Fresh Fruit
- Tossed Salad

Available Daily

Choose One

- *Entrée of the Day
- *Cheeseburger on WW Bun
- *Domino's Cheese Pizza
- *Deli Line (assorted sandwiches)
- Vegetarian Options upon request
- To Go Lunches at "The Oasis"
(may choose a fruit vegetable)
- Assorted 100% Fruit Juice

Monday, January 7

- *Cheese Crunchers with Marinara Sauce
- *Turkey & Cheese on Loco Bread
- Sides**
- Fresh Steamed Broccoli
- Mixed Fruit
- Fantastic Fresh Fruit
- Tossed Salad

Tuesday, January 8

- *Asian Chicken Fluffy Rice
- Veggie Egg Roll
- *Tuna Salad Sub
- Sides**
- Oriental Blend Vegetables
- Mandarin Oranges
- Fantastic Fresh Fruit
- Tossed Salad

Wednesday, January 9

- *Turkey & Ham Panini
- Pasta Salad
- *Deli (bologna) on WW
- Sides**
- Honey Glazed Carrots
- Warm Sliced Apples
- Fantastic Fresh Fruit
- Tossed Salad

Thursday, January 10

- "Mucho Grande"**
- *Mexican Taco Boat (beef or pork) With Trimmings
- Mexican Rice
- *Ham & Cheese on WW Pretzel Roll
- Sides**
- Sunshine Corn
- Diced Peaches
- Fantastic Fresh Fruit
- Tossed Salad

Friday, January 11

- *Chicken Nuggets
- Fluffy Rice
- Warm Biscuit
- *Turkey Cheddar Wrap
- Sides**
- Baked Beans
- Tomato Soup
- Strawberry Cup
- Fantastic Fresh Fruit
- Tossed Salad



Monday, January 14

*Breaded, Hot & Spicy or Grilled Chicken Patty on a Bun
*Deli (bologna) on Whole Wheat

Sides

Hot Mixed Vegetables
Pineapple Tidbits
Fresh Fruit
Tossed Salad

Tuesday, January 15

*****Zweigle's****

*Hot Dog on a Roll
Texas Chili on Whole Wheat

Sides

Fresh Steamed Broccoli
Side Kick
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, January 16

*Personal Pan Cheese & Pepperoni Pizza
*Ham & Cheese Sub

Sides

Fresh Baby Carrots
Diced Pears
Fresh Fruit
Tossed Salad

Thursday, January 17

*Mozzarella Sticks With Sauce
Pasta (rotini) with Sauce
Warm Dinner Roll
*Turkey Cheddar Wrap

Sides

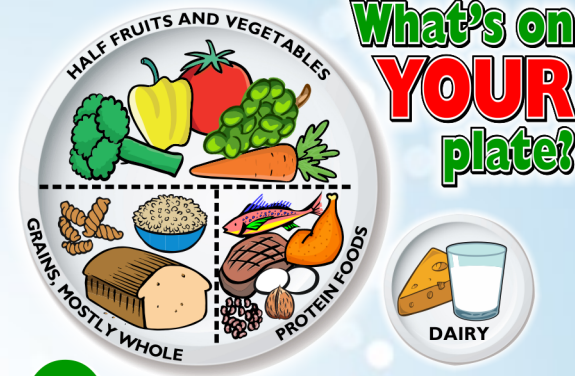
Texas Caviar
Mixed Fruit
Fantastic
Fresh Fruit
Tossed Salad

Friday, January 18

*Grilled Cheese Sandwich
*Buffalo Chicken Wrap

Sides

Tomato Soup
Seasoned Potato Wedges
Applesauce Cup
Fantastic
Fresh Fruit
Tossed Salad

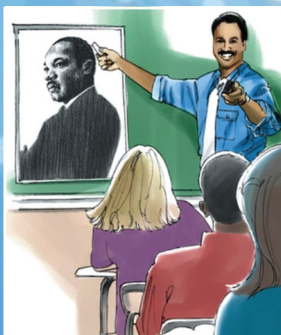


Q • How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



School will be closed Monday, January 21 in recognition of Martin Luther King, Jr.'s birthday.

Tuesday, January 22

"NEW"

*Cheese Meatloaf on a Bun
Crispy Onion Rings
*Ham & Cheese on Whole Wheat

Sides

Green Peas
Peach Cup
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, January 23

"Nacho Grande"

*Mexican Taco (beef or pork) on Nacho Chips With trimmings
Mexican Rice
*Roasted Chicken Salad Wrap

Sides

Refried Beans
Mixed Fruit
Fresh Fruit
Tossed Salad

Thursday, January 24

"Homemade Pizza"

*Pulled Pork or White Garlic Pizza
Pasta Salad
*Turkey Cheddar Wrap

Sides

Butternut Squash
Tomato Soup
Diced Pears
Fresh Fruit
Tossed Salad

Ice Cream with all purchased lunches

Friday, January 25

Grading Day today



No School Today

Monday, January 28

*Cheese Stuffed Crust Pizza
*Turkey & Cheese on Pretzel Roll

Sides

"Hash Tag"
Sweet Potato Fries
Tomato Soup
Mixed Fruit
Fresh Fruit
Tossed Salad

Tuesday, January 29

*Chicken Nuggets
Corn Bread
*Tuna Salad Sub

Sides

Fresh Steamed Broccoli
Applesauce
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, January 30

*Fajita Chicken or Pulled Pork on Loco Bread With Trimmings
*Ham & Cheese on Whole Wheat

Sides

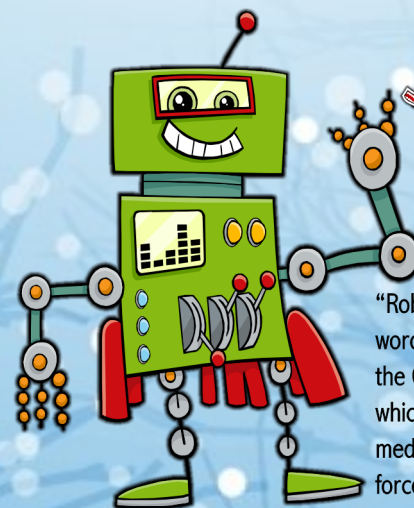
Golden Hash Brown Patty
Warm Apples
Fantastic
Fresh Fruit
Tossed Salad

Thursday, January 31

*Italian Rotini Pasta
Beef Meatballs
Garlic Bread
*Deli (bologna) on Whole Wheat

Sides

Tasty Green Beans
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad



ROBOT

"Robot" sounds like a high-tech word, but it's not. It comes from the Czech word for "serf," which is the name used for a medieval peasant who was forced to work for free!

Word play