





January High School Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
1 	2 Mozzarella Sticks, Marinara Dip, and Sweet Potato Fries	3 General Tso's Chicken over Brown Rice with Roasted Broccoli	4 Chicken Parmesan with Pasta, Garlic Breadstick, and <i>Roasted Local Veggies</i>	5 Walden Cheeseburger or Veggie Burger Lettuce, Onion, Tomato Oven Baked Fries
8 Chicken & Waffles with Sweet Potato Fries and Maple Syrup	9 Nachos with Lean Beef, Beans, Salsa, Sour Cream, Guacamole Corn & Bean Salad	10 <i>Red's Best Fish Taco</i> Fresh, Local Fish Tater Tots, Coleslaw, & Sriracha Mayo	11 Orange Chicken over Brown Rice and Roasted Broccoli	12 Pasta with Choice of Meat or Marinara, Mozzarella Breadstick, & <i>Roasted Local Veggies</i>
15 No School 	16 Max Sticks with Marinara Dipping Sauce and Roasted Broccoli	17 Sweet N Sour Chicken, Brown Rice, Roasted Cauliflower	18 Gyro on Pita Bread with Choice of Chicken or Chickpeas, Tomato, Onion, and Cucumber, Tzatziki Sauce & Tater Tots	19 Mac & Cheese, Cheesy Breadstick, and Green Beans
22 Chicken and Veggie Dumplings, Fried Rice, Edamame Fortune Cookie	23 All Beef Hot Dog with Tater Tots and Baked Beans	24 Teriyaki Chicken, Brown Rice, Roasted Carrots	25 Homemade Vegetable or Beef Chili with Tortilla Chips Cornbread	26 Pasta with Choice of Meat or Marinara, Mozzarella Breadstick, & <i>Roasted Local Veggies</i>
29 Brunch for Lunch, Chicken Sausage, Hash browns, Orange Juice	30 Revolution Bowl Chicken, Beans, Brown Rice, Lettuce, Salsa, Sour Cream, Guacamole	31 Popcorn Chicken or Chickpeas Tossed in Curry Sauce over Brown Rice and Roasted Cauliflower	HARVEST OF THE MONTH: APPLES  <small>This month we will feature locally-grown apples</small>	

ANNOUNCEMENTS

*HAPPY
New Year's*

Each student also may choose from our daily lunch options which include Boar's Head Deli sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability. Please contact us at lunchonline@abschools.org with any questions or comments.

MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at www.schoolcafe.com/abrsd or pay by cash/check (AB Food Services) at school