




















January Junior High Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
1 	2 Happy New Year French Toast Sticks, Chicken Sausage, Hash browns, and Orange Juice 	3 General Tso's Chicken Tossed Over Brown Rice and Broccoli	4 National Spaghetti Day with Choice of Chicken Parmesan, Garlic Breadstick, Side Salad 	5 Walden Hamburger, Cheeseburger, or Veggie Burger Lettuce, Pickles, Onion, and Tomato Tater Tots 
8 Chicken Tenders, Mashed Potato, and Broccoli	9 Nachos with Lean Beef, Beans, Salsa, Sour Cream, Lettuce Corn & Bean Salad 	10 Teriyaki Chicken Tossed Over Brown Rice and Carrots	11 Chicken Patty, Spicy Chicken Patty, or Veggie Burger Sweet Potato Fries 	12 Pasta with Choice of Meat or Marinara Sauce, Garlic Breadstick, Roasted Broccoli 
15 No School 	16 Mozzarella Sticks or Max Pizza Sticks with Marinara Dipping Sauce and Roasted Broccoli 	17 Popcorn Chicken Over Mashed Potatoes and Corn	18 Chicken and Veggie Dumplings, Stir Fry Vegetables, Fortune Cookie	19 Hawaiian Shirt Day Mac and Cheese Cheesy Breadstick Roasted Squash 
22 Grilled Cheese or Chicken Patty with Sweet Potato Fries 	23 Pasta or Mini Raviolis with Marinara Sauce, Garlic Breadstick, and Roasted Broccoli 	24 Sweet N Sour Chicken With Pineapple, Peppers & Onions, Brown Rice and Side of Roasted Carrots	25 Gyro Wrap with Choice of Chicken or Chickpeas, Tomato, Onion, and Cucumber, Tzatziki Sauce & Tater Tots 	26 Sal's Pizza Choice of Toppings Little Leaf Farms Tossed Salad 
29 Breakfast for Lunch Chicken Sausage, Hash Browns, and Orange Juice 	30 Chef Special: Please let us know if you are looking for allergen information!	31 Revolution Bowl with Chicken, Black Beans, Brown Rice, Salsa, Sour Cream, Guacamole 	<div>   </div>	

**HARVEST
OF THE
MONTH:
APPLES**

This month we will feature locally-grown apples

ANNOUNCEMENTS

HAPPY
New Year's

 =Vegetarian Main Lunch Available

Each student also may choose from our daily lunch options which include a choice of 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