

# Lakeport Unified School District

## JANUARY 2019 High School Lunch

Dec 21, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 HOLIDAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 NO SCHOOL TODAY	Jan - 4 NO SCHOOL TODAY
Jan - 7 Burrito Chicken Burger Fish & Chips Roast Beef & Cheese Wrap Ham Pesto Wrap Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 8 Lasagna Breadsticks Turkey & Cheese Sub Ham & Cheese Sub Lettuce Tomato Taquito's Chicken Guacamole & Sour Cream Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 9 Grilled Cheese Sandwich Beef Ravioli Breadsticks Orange Chicken Steamed Brown Rice Chicken Caesar Wraps Baked Potato Salad Bar Fresh Fruit Variety Jungle Crackers Milk- Variety	Jan - 10 Chili Mac Meatball Sub Beef & Bean Burrito Roast Beef & Swiss Sub Turkey & Cheese Sub Lettuce Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 11 Pizza Chicken Garlic Taquitos Beef & Cheese Guacamole Sour Cream Salad Garden-Ranch Fresh Fruit Variety Milk- Variety Oatmeal Cookie
Jan - 14 Bacon Cheese Burger W.G. Corn Dog French Fries Chick Chow Mein Egg Roll Egg Salad Sandwich Roast Beef & Cheese Wrap Turkey Pesto Wrap Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 15 Chicken Alfredo Fresh Roll Hot Ham & Cheese Sand. Rib B Que on a Bun Sidewinders BBQ Turkey & Cheese Sub Lettuce Tomato Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 16 Chili Cornbread Chicken Burger Clam Chowder & Bread Bow Tamale Chicken Caesar Wraps Roast Beef & Cheese Wrap Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety Baked Potato	Jan - 17 Chicken Soft Taco Refried Beans Fish & Chips Grilled Cheese Sandwich Goldfish Pretzel Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Jan - 18 W.G. Corn Dog French Fries Chicken Nuggets Steamed Brown Rice Steamed Broccoli Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Jan - 21 HOLIDAY	Jan - 22 Chicken Burger Tomato Pork Chili Verde Turkey & Cheese Sub Ham & Cheese Sub Meatball Sub Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 23 Rib B Que on a Bun Sidewinders BBQ Chicken Caesar Wraps Roast Beef & Cheese Wrap Clam Chowder & Bread Bow Salad Bar Fresh Fruit Variety Milk- Variety Baked Potato	Jan - 24 Chili Cheese Fries Burrito Bacon Cheese Burger Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 25 Pizza Chicken Garlic Chicken Fritters French Fries String Cheese Salad Garden-Ranch Fresh Fruit Variety Milk- Variety
Jan - 28 Chicken Taco Boat Refried Beans BBQ Pulled Pork Sandwich Hamburger w/ Cheese Lettuce Tomato Pickles Salad Bar Fresh Fruit Variety Milk- Variety Salsa	Jan - 29 Spaghetti Breadsticks Hot Ham & Cheese Sand. Tuna Salad Sandwich Salad Bar Fresh Fruit Variety Milk- Variety	Jan - 30 Meatball Sub Beef Ravioli Breadsticks Chicken Nuggets Steamed Brown Rice Egg Roll Steamed Broccoli Salad Bar Fresh Fruit Variety Milk- Variety Baked Potato	Jan - 31 Texas Straw Hats Turkey Taco Boat Salad Bar Fresh Fruit Variety Apple Crisp Milk- Variety Salsa	

In operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age, or handicap. If you believe you have been discriminated against write immediately to the Secretary of Agriculture, Washington D.C. 20250

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.