

2018-2019 High School Lunch

January 2019

Mon	Tue	Wed	Thu	Fri
<p>31</p> <p>Winter Break</p>	<p>1</p> <p>Winter Break</p>	<p>2</p> <p>Chicken, Mandarin Orange</p> <p>Broccoli Florets</p> <p>Cauliflower, raw</p> <p>Shredded Iceberg Lettuce</p> <p>Cherry Tomatoes</p> <p>Red Bell Pepper Strips</p> <p>Pea Pods</p> <p>Baby Carrots</p> <p>Romaine Lettuce</p> <p>Cucumber Slices</p> <p>Cantaloupe</p> <p>Fresh Apple</p> <p>Long Grain, Parboiled, Brown Rice (Chicken Flavored), 1/2 c.</p> <p>1% Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p>	<p>3</p> <p>Hamburger</p> <p>Baked Beans</p> <p>White Onions</p> <p>Dill Pickle Chips</p> <p>Tomato Slices</p> <p>Shredded Iceberg Lettuce</p> <p>French Fries</p> <p>Baby Carrots</p> <p>Cucumber, peeled, raw</p> <p>Celery, raw</p> <p>Mandarin Oranges</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Chocolate Milk</p> <p>Mayonnaise, pkt</p> <p>Mustard, pkt</p> <p>Ketchup, Packet</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p>	<p>4</p> <p>Nachos with Chili and Cheese</p> <p>Baby Carrots</p> <p>Celery, raw</p> <p>White Onions</p> <p>Diced Tomatoes</p> <p>Sliced Olives</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Cauliflower, raw</p> <p>Cucumber Slices</p> <p>Jalapeño Peppers</p> <p>Apple Slices, Canned</p> <p>Peaches, Diced Cup Frozen</p> <p>1% Milk</p> <p>Chocolate Milk</p> <p>Sour Cream</p> <p>Salsa</p>
<p>7</p> <p>French Dip Sandwich</p> <p>Romaine Lettuce</p> <p>Red Bell Pepper Strips</p> <p>Beans, Garbanzo, Chick Peas</p> <p>Tomato Slices</p> <p>Celery, raw</p> <p>Baby Carrots</p> <p>Broccoli Florets</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Sliced Pears</p> <p>Fresh Apple</p> <p>Chocolate Pudding</p> <p>1% Milk</p> <p>Chocolate Milk</p> <p>Fat Free Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Mayonnaise, pkt</p> <p>Ketchup, Packet</p>	<p>8</p> <p>Chili MS/HS</p> <p>Romaine Lettuce</p> <p>Diced Tomatoes</p> <p>White Onions</p> <p>Sliced Olives</p> <p>Peas, green</p> <p>Celery, raw</p> <p>Grapes</p> <p>Fresh Apple</p> <p>Corn Muffin</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Cheese, Cheddar</p> <p>Foothill Farms Ranch Dressing</p> <p>Salsa</p> <p>Sour Cream</p> <p>Mozzarella Cheese</p>	<p>9</p> <p>Pepperoni Pizza Ripper</p> <p>Romaine Lettuce</p> <p>Cucumber Slices</p> <p>Pea Pods</p> <p>Red Bell Pepper Strips</p> <p>Cherry Tomatoes</p> <p>Whole Kernal Corn</p> <p>Pineapple Tidbits</p> <p>Cranberries, Dried</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Sunflower Seeds</p>	<p>10</p> <p>Grilled Cheese Sandwich On WG/ Bread</p> <p>Romaine Lettuce</p> <p>Broccoli Florets</p> <p>Carrot Sticks</p> <p>Celery, raw</p> <p>Tomato Soup</p> <p>Cucumber Slices</p> <p>Fresh Apple Slices</p> <p>Oranges</p> <p>Crackers, Saltines, Whole Wheat</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Cheese, cottage, lowfat, 1% milkfat [LOCAL] (799)</p>	<p>11</p> <p>Drumstick, Breaded</p> <p>Romaine Lettuce</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Cauliflower, raw</p> <p>Peas, green</p> <p>Cherry Tomatoes</p> <p>Broccoli Florets</p> <p>Diced Pears</p> <p>Fresh Apple</p> <p>Applesauce</p> <p>Dinner Rolls- HS</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Smart Balance Butter Spread</p>

<p>14</p> <p>Pepperoni Pizza</p> <p>Romaine Lettuce</p> <p>Cherry Tomatoes</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Celery, raw</p> <p>Baby Carrots</p> <p>Beans, Black, 6/111 oz, Allens, 2003041 [LOCAL] (755)</p> <p>Cranberries, Dried</p> <p>Pineapple Tidbits</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p>	<p>15</p> <p>Spaghetti and Meat Sauce</p> <p>Broccoli Florets</p> <p>Baby Carrots</p> <p>Cauliflower, raw</p> <p>Red Bell Pepper Strips</p> <p>Romaine Lettuce</p> <p>Cut Green Beans</p> <p>Fresh Apple</p> <p>Grapes</p> <p>Dinner Rolls- HS</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p>	<p>16</p> <p>Teriyaki Dippers</p> <p>Cherry Tomatoes</p> <p>Whole Kernal Corn</p> <p>Celery, raw</p> <p>Black Beans</p> <p>Romaine Lettuce</p> <p>Mandarin Oranges</p> <p>Fresh Apple</p> <p>Long Grain, Parboiled, Brown Rice (Chicken Flavored), 1/2 c.</p> <p>Chocolate Milk</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Foothill Farms Ranch Dressing</p>	<p>17</p> <p>Chicken, Fajita</p> <p>Romaine Lettuce</p> <p>Diced Tomatoes</p> <p>Shredded Iceberg Lettuce</p> <p>Sliced Olives</p> <p>White Onions</p> <p>Pea Pods</p> <p>Applesauce</p> <p>Fresh Apple</p> <p>Crackers, Saltines, Whole Wheat</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p>	<p>18</p> <p>Spokane Tribal Day</p>
<p>21</p> <p>MLK Jr. Day</p>	<p>22</p> <p>Chicken on a Bun</p> <p>Romaine Lettuce</p> <p>Cucumber Slices</p> <p>White Onions</p> <p>Red Bell Pepper Strips</p> <p>Dill Pickle Chips</p> <p>Pea Pods</p> <p>Tomato Slices</p> <p>Peaches, Diced Cup Frozen</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Cheese, Sliced American</p>	<p>23</p> <p>Chicken Noodle Soup</p> <p>Broccoli Florets</p> <p>Cucumber Slices</p> <p>Romaine Lettuce</p> <p>Cauliflower, raw</p> <p>Red Bell Pepper Strips</p> <p>Baby Carrots</p> <p>Fresh Apple Slices</p> <p>Diced Pears</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Lemon Raisels</p>	<p>24</p> <p>Bean & Cheese Burrito</p> <p>Shredded Iceberg Lettuce</p> <p>Diced Tomatoes</p> <p>White Onions</p> <p>Sliced Olives</p> <p>Jalapeño Peppers</p> <p>Whole Kernal Corn</p> <p>Pea Pods</p> <p>Romaine Lettuce</p> <p>Beans, Garbanzo, Chick Peas</p> <p>Grapes</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Sour Cream</p> <p>Salsa</p> <p>Cheese, Cheddar</p>	<p>25</p> <p>Chicken, Nuggets, Homestyle</p> <p>Romaine Lettuce</p> <p>Cherry Tomatoes</p> <p>Green Onions</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Celery, raw</p> <p>Baby Carrots</p> <p>Black Beans</p> <p>Broccoli Florets</p> <p>Avocado</p> <p>Fresh Apple</p> <p>Mixed Fruit</p> <p>Blue Raspberry Applesauce</p> <p>Garlic Breadstick</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Ketchup, Packet</p> <p>Mayonnaise, pkt</p>

<p>28</p> <p>BBQ Riblet Sandwich</p> <p>Romaine Lettuce</p> <p>Cucumber Slices</p> <p>White Onions</p> <p>Dill Pickle Chips</p> <p>Pea Pods</p> <p>Tomato Slices</p> <p>Fresh Apple Slices</p> <p>Mandarin Oranges</p> <p>Chocolate Milk</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Thousand Island Dressing</p>	<p>29</p> <p>Soft Taco</p> <p>Romaine Lettuce</p> <p>Black Beans</p> <p>Sliced Olives</p> <p>White Onions</p> <p>Diced Tomatoes</p> <p>Shredded Iceberg Lettuce</p> <p>Red Bell Pepper Strips</p> <p>Fresh Apple</p> <p>Diced Pears</p> <p>Crackers, Saltines, Whole Wheat</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Sour Cream</p> <p>Salsa</p>	<p>30</p> <p>Mini Corn Dogs</p> <p>Tater tots</p> <p>Romaine Lettuce</p> <p>Broccoli Florets</p> <p>Cauliflower, raw</p> <p>Cucumber, peeled, raw</p> <p>Baby Carrots</p> <p>Mixed Fruit</p> <p>Grapes</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Ketchup, Packet</p> <p>Mayonnaise, pkt</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p>	<p>31</p> <p>Hamburger</p> <p>Romaine Lettuce</p> <p>Baby Carrots</p> <p>Tomato Slices</p> <p>Dill Pickle Chips</p> <p>White Onions</p> <p>Shredded Iceberg Lettuce</p> <p>Fresh Apple</p> <p>Oranges</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Cheese, Sliced American</p>	<p>1</p> <p>Pepperoni Pizza</p> <p>Carrot Sticks</p> <p>Cucumber Slices</p> <p>Red Bell Pepper Strips</p> <p>Romaine Lettuce</p> <p>Pineapple Tidbits</p> <p>Fresh Apple Slices</p> <p>Chocolate Milk</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p>
---	--	---	---	--

This institution is an equal opportunity provider.