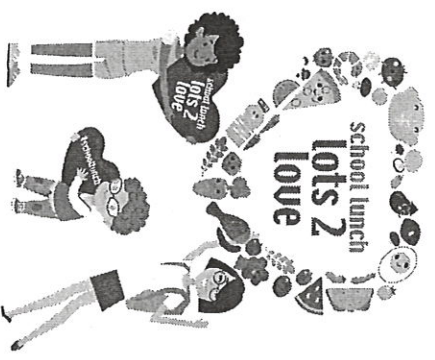


Menus for January 2019

Lone Oak ISD Middle/High School Lunch

Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
Monday, January 14 Pepperoni Premo Pizza American Beef Macaroni Steamed Broccoli Carrot Sticks Sliced Pears Juice Alive Breadstick Ranch Cup	Tuesday, January 15 Tangerine Chicken w/Rice Corn Dog Oriental Blend Gold Rush Juice Mandarin Oranges Raisels Ketchup/Mustard/Ranch	Wednesday, January 16 BBQ Beef on Bun Chicken Quesadilla Pinto Beans Lettuce/Diced Tomato Orange Smiles Pineapple w/Cherries Pico de Gallo Cup/ Sour Cream	Thursday, January 17 Chicken Fried Steak Chicken Tenders Mashed Potatoes & Gravy Green Beans Cherries w/ Topping Banana Roll Ketchup/Honey Mustard/Honey/Butter	Friday, January 18 Bacon Cheeseburger Chicken Patty on Bun Fries Lettuce/Tomato/Pickle Apple Slices Peaches Ranch cup/ Honey Mustard
Monday, January 21 No School!	Tuesday, January 22 Sloppy Tots Chicken Nuggets Fresh Spinach Salad Gold Rush Juice Rosy Applesauce Raisels Cookie/Crackers Ranch/Ketchup/BBQ Sauce	Wednesday, January 23 Mini Tacos Crispiitos w/Cheese Stick Refried Beans Corn Orange Smiles Apple Crisp Salsa/Sour Cream	Thursday, January 24 Beef Tips /Gravy Bowl Beef Fingers Mashed Potatoes & Gravy Mixed Vegetables Blueberries w/Topping Peaches Roll Ketchup/BBQ Sauce Honey and Butter	Friday, January 25 Macaroni and Cheese Hamburger Lettuce/Tomato/Pickle Celery/Peanut Butter Grapes Apple Slices Brownie Ketchup/Mustard/BBQ/Ranch
Monday, January 28 Stuffed Crust Pizza Lasagna Rolls Fresh Mixed Salad Fresh Carrot Sticks Sliced Pears Sidekick Breadstick Ranch Cup	Tuesday, January 29 Chicken Spaghetti Chicken Drumsticks Fresh Broccoli w/Ranch Goldrush Juice Banana Raisels Goldfish Crackers	Wednesday, January 30 Nacho Burrito w/sauce Black Beans Lettuce/Diced Tomato Banana Pineapple w/Cherries Fresh Baked Cookie Salsa/Sour Cream/Jalapeno	Thursday, January 31 Popcorn Chicken Bowl Fish Sticks Mashed Potatoes & Gravy Corn Rosy Applesauce Peaches Roll BBQ Sauce/Tartar Sauce Honey and Butter	Friday, January 4 Served Daily Grab n Go meals Variety Ala Carte items 1% White Milk F/F Chocolate F/F Strawberry
Monday, January 8 Happy New Year! Chicken Spaghetti Chicken Drumsticks Fresh Broccoli w/Ranch Goldrush Juice Orange Smiles Raisels Goldfish Crackers	Tuesday, January 9 Nacho Burrito w/sauce Black Beans Lettuce/Diced Tomato Banana Pineapple w/Cherries Fresh Baked Cookie Salsa/Sour Cream/Jalapeno	Wednesday, January 10 Popcorn Chicken Bowl Fish Sticks Mashed Potatoes & Gravy Corn Rosy Applesauce Peaches Roll BBQ Sauce/Tartar Sauce Honey and Butter	Thursday, January 11 Cheese Burger Chili Dog Baby Bakers Lettuce/Tomato/Pickle Strawberries w/Topping Apple slices Ketchup/Mustard	Friday, January 12 Served Daily 1% White Milk F/F Chocolate F/F Strawberry



Menu subject to change due to availability.

This product was funded by USDA. This institution is an equal opportunity provider.