

January 2018

Cross County School District



This institution is an equal opportunity provider.
 Menus are subject to change without notice
 Meal Price: Reduced student: \$.40 Paid student: \$1.75.
Extra milk: \$.40



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

GRAB & GO OFFERED ONLY AT HIGH SCHOOL!



Monday

Tuesday

Wednesday

Thursday

Friday

Christmas
Vacation

1

Christmas
Vacation

2

CHEESE PIZZA
Tossed Salad
Corn & Fruit
Milk

3

CHICKEN NUGGETS
Mashed Potatoes
Green Beans & Roll
Fruit & Milk

4

CHEESEBURGER
Lettuce & Tomatoes
French Fries
Fruit & Milk

5

Grab & Go: Turkey Wrap w/Ranch Dressing

Grab & Go: Cheeseburger

Grab & Go: Spicy Chicken Sandwich

HAM & CHEESE SANDWICH
Lettuce & Tomatoes
Carrots & Cucumbers
Fruit & Milk

8

BEEF NACHOS W/CHEESE
Lettuce & Tomatoes
Refried Beans & Salsa
Fruit & Milk

9

CHICKEN SPAGHETTI
Peas & Carrots
Red & Green Bell Peppers
Roll, Fruit, & Milk

10

CHRISPITO
Mac & Cheese
Broccoli & Cauliflower
Fruit & Milk

11

BACON CHEESEBURGER
Lettuce & Tomatoes
Tator Tots
Fruit & Milk

12

Grab & Go: Hamburger

Grab & Go: Breaded Chicken Sandwich

Grab & Go: Turkey Wrap w/Ranch Dressing

Grab & Go: Cheeseburger

Grab & Go: Spicy Chicken Sandwich

Martin Luther King Jr. Day
NO SCHOOL

15

VEGETABLE BEEF SOUP
Grilled Cheese Sandwich
Carrots & Cucumbers
Fruit & Milk

16

CHICKEN FAJITAS
Lettuce & Tomatoes
Refried Beans
Fruit & Milk

17

POPCORN CHICKEN
Mashed Potatoes
Green Beans & Roll
Fruit & Milk

18

HAMBURGER
Lettuce & Tomatoes
French Fries
Fruit & Milk

19

Grab & Go: Breaded Chicken Sandwich

Grab & Go: Turkey Wrap w/Ranch Dressing

Grab & Go: Cheeseburger

Grab & Go: Spicy Chicken Sandwich

COUNTY FRIED STEAK
Mashed Potatoes
Sweet Peas & Roll
Fruit & Milk

22

SUB SANDWICH
Lettuce & Tomatoes
Pinto Beans
Fruit & Milk

23

LASAGNA
Tossed Salad
Green Beans & Breadsticks
Fruit & Milk

24

PIG IN A BLANKET
Celery & Cauliflower
California Blend
Fruit & Milk

25

CHEESEBURGER
Lettuce & Tomatoes
Potato Wedges
Fruit & Milk

26

Grab & Go: Hamburger

Grab & Go: Breaded Chicken Sandwich

Grab & Go: Turkey Wrap w/Ranch Dressing

Grab & Go: Cheeseburger

Grab & Go: Spicy Chicken Sandwich

SPAGHETTI & GARLIC BREA
Tossed Salad
English Peas & Carrots
Fruit & Milk

29

TACO SOUP W/ TORTILLA
CHIPS & SALSA
Baby Carrots & Cucumbers w/ranch
Cinnamon Roll, Fruit, & Milk

30

CHICKEN BBQ SANDWICH
Quick Baked Potato
Cole Slaw
Fruit & Milk

31

Grab & Go: Hamburger

Grab & Go: Breaded Chicken Sandwich

Grab & Go: Turkey Wrap w/Ranch Dressing

