



# JANUARY | 2019

## Kirtland High and Middle School Menu

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY                              |
|---|--|--|--|-------------------------------------|
| 31<br>NO SCHOOL<br>BREAK CONTINUES  | 1<br>NO SCHOOL<br>HAPPY NEW YEAR   | 2<br>NO SCHOOL<br>BREAK CONTINUES  | 3<br>NO SCHOOL<br>BREAK CONTINUES  | 4<br>NO SCHOOL<br>LAST DAY OF BREAK |
| 7 <u>WELCOME BACK</u><br>CHICKEN PARMESAN SANDWICH<br>Choice of Sides:<br>Salad Bar, Riviera Blend Veggies, Assorted Fruit Cups, Choice of Milk | 8 <u>POTATO BAR</u><br>POTATOES YOUR WAY WITH CHOICE OF TWO TOPPINGS<br>Choice of Sides:<br>Salad Bar, Steamed Broccoli, Fresh and Assorted Fruit Cups<br>Choice of Milk | 9<br>MEXICAN TACO SALAD WITH CHOICE OF MEAT, CHEESE, AND NACHO'S<br>Choice of Sides:<br>Salad Bar, Assorted Fruits and Juices<br>Choice of Milk      | 10<br>PHILLY CHEESE STEAK ON A SUB<br>Choice of Sides:<br>Salad Bar, Mixed Peppers and Onions, Roasted Potatoes, Assorted Fruit<br>Choice of Milk    | 11<br>DOMINO'S DAY                  |
| 14<br>HOT HAM AND CHEESE ON A HOAGIES BUN<br>Choice of Sides:<br>Salad Bar, Hash Brown Triangles, Fresh Fruit or Fruit Cups<br>Choice of Milk   | 15<br>POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL<br>Choice of Sides:<br>Salad Bar, Golden Corn, Mixed Fruit Cups<br>Choice of Milk                               | 16<br>FUNNEL CAKE WITH FRUIT BERRY TOPPING, SAUSAGE LINKS AND POTATOES<br>Choice of Sides:<br>Salad Bar, Assorted Fruit and Juices<br>Choice of Milk | 17<br>CHICKEN FINGERS, BISCUIT'S, AND GRAVY<br>Choice of Sides:<br>Salad Bar, Green Peas, Mixed Fruit Cups<br>Choice of Milk                         | 18<br>DOMINO'S DAY                  |
| 21<br>NO SCHOOL<br>MARTIN LUTHER KING DAY   | 22<br>TERIYAKI CHICKEN WITH SEASONED RICE<br>Choice of Sides:<br>Salad Bar, Peas and Carrots, Fresh and Assorted Fruit Cups<br>Choice of Milk                            | 23<br>MEXICAN TACO SALAD WITH CHOICE OF MEAT, CHEESE, AND NACHO'S<br>Choice of Sides:<br>Salad Bar, Assorted Fruits and Juices<br>Choice of Milk     | 24<br>TWISTED GRILLED CHEESE STICK WITH BOWL OF CHILI<br>Choice of Sides:<br>Salad Bar, Golden Corn, Fresh and Assorted Fruit Cups<br>Choice of Milk | 25<br>DOMINO'S DAY                  |
| 28<br>BUFFALO CHICKEN PIZZA<br>Choice of Sides:<br>Salad Bar, Crispy Potatoes, Baked Beans, Assorted Fruit Cups<br>Choice of Milk               | 29<br>POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL<br>Choice of Sides:<br>Salad Bar, Golden Corn, Mixed Fruit Cups<br>Choice of Milk                               | 30<br>FUNNEL CAKE WITH FRUIT BERRY TOPPING, SAUSAGE LINKS AND POTATOES<br>Choice of Sides:<br>Salad Bar, Assorted Fruit and Juices<br>Choice of Milk | 31<br>PHILLY CHEESE STEAK ON A SUB<br>Choice of Sides:<br>Salad Bar, Mixed Peppers and Onions, Roasted Potatoes, Assorted Fruit<br>Choice of Milk    | 1                                   |

### SECONDARY MEAL ALTERNATES

In addition to the listed entrée a variety of sandwiches, wraps, and yogurt parfaits are available.

### "NEW OPTION THIS YEAR" BISTRO BOX MEALS

Here is a complete meal with options that can include Hummus, or Turkey and Cheese, Various Raw Veggies, Fruit, Crackers, and Choice of milk

Complete salad bar available daily and choice of 2 fruits with a choice of milk come will all meals.

### BREAKFAST IS OFFERED DAILY

Kirtland has breakfast available daily for all Middle and High School students at the Kirtland High cafeteria.

A variety of breakfast grain items, fruit, juice, and milk as well as an Enhanced breakfast with fruit and yogurt smoothies is also available.

Breakfast is an important meal to kick off your instructional day. I hope you will give ours a try.

LUNCH WITH MILK \$3.50  
BREAKFAST/ \$1.90/ENHANCED YOGURT SMOOTHIE \$2.50  
MILK ONLY .50