

New Heights School Lunch - January 2018

Student Lunch - \$3.25		Adult Lunch \$3.65		Breakfast \$2.00	
Monday	Tuesday	Wednesday	Thursday	Friday	
1st	2nd	3rd	4th	5th	
NO SCHOOL	Chicken Tacos Whole Grain Tortilla Shredded Cheddar Cheese Taco Sauce Chipotle Style Beans Shredded Romaine Chilled Peaches ALTERNATE: Chicken Caesar Wrap	Meatball Hoagie Beef Meatballs in Marinara Sauce Hoagie Roll Shredded Mozzarella Cheese Fresh Apple Tater Tots & Ketchup Celery Smiles ALTERNATE: Turkey Club Sub	Turkey Cheeseburger Hamburger Bun Shredded Lettuce Roasted Red Potatoes Fresh Strawberries Ketchup ALTERNATE: Southwest Chicken Wrap	Garlic Cheese Pizza Bread Marinara Sauce Kale & Romaine Salad Italian Dressing Fresh Orange ALTERNATE: Spiced Turkey & Cheese Ciabatta	
8th	9th	10th	11th	12th	
Beef Hot Dog on a Bun Ketchup Jicama Sticks & Ranch Dressing Vegetarian Baked Beans Chilled Mixed Fruit ALTERNATE: Italian Cold Cut Combo	Chicken & Gravy Creamy Mashed Potato Bread & Butter Zucchini Coins Fresh Banana Giant Graham Cracker Ranch Dressing ALTERNATE: Chicken Cheddar Wrap	BBQ Chicken Slider Mac & Cheese Fresh Broccoli & Carrots Ranch Dressing Fresh Apple ALTERNATE: Roast Turkey And Cheese Sandwich	Cheese Stuffed Breadsticks Marinara Dipping Sauce Spinach Salad Italian Dressing Celery Smiles Fresh Grapes ALTERNATE: Turkey Club Sub	Cheeseburger Meatloaf Ciabatta WG Ciabatta roll Fresh Broccoli w ranch Steamed Carrots Fresh Melon ALTERNATE: Turkey Ham & Cheese Ciabatta	
15th	16th	17th	18th	19th	
NO SCHOOL	NO SCHOOL	Creamy Chicken Alfredo Penne Pasta Romaine Salad & Italian Dressing Baby Carrots Fresh Melon WG French Bread w Butter ALTERNATE: Roast Turkey And Cheese Sandwich	Beef Tacos Whole Grain Tortilla Cheddar Cheese Shredded Romaine Lettuce Refried Beans Fresh Apple Taco Sauce & Sour Cream ALTERNATE: Turkey Club Sub	Teriyaki Chicken Slider Chicken Egg Roll Sweet & Sour Dip Crunchy Cauliflower Florets Chilled Pineapple ALTERNATE: Spiced Turkey & Cheese Ciabatta	
22nd	23rd	24th	25th	26th	
Chicken Strips BBQ Dipping Sauce Green Beans Carrot Sticks Fresh Apple Ranch Dressing ALTERNATE: Spiced Turkey & Cheese Sub	Cheeseburger Hamburger Bun Fresh Zucchini Vegetarian Baked Beans Fresh Apple Ranch & Ketchup ALTERNATE: Chicken Caesar Wrap	Chicken Drumstick Loaded Mashed Potatoes Fresh Broccoli & Ranch Dressing Mandarin Oranges Whole Grain Cookie ALTERNATE: Turkey Club Sub	Popcorn Orange Chicken Vegetable Brown Fried Rice Kohlrabi and Grape Tomatoes Fresh Grapes Ranch Dressing ALTERNATE: Southwest Chicken Wrap	Walking Tacos Seasoned Beef, Nacho Tortilla Chips Shredded Cheddar Cheese Shredded Romaine Baby Carrots, Fresh Melon ALTERNATE: Turkey Ham & Cheese Ciabatta	
29th	30th	31st	Feb 1st	2nd	
NO SCHOOL	Mini Turkey Corn Dogs Vegetarian Baked Beans Romaine Salad French Dressing Fresh Banana Ketchup ALTERNATE: Chicken Cheddar Wrap	BBQ Beef Riblet Hoagie Roll Glazed Carrots Fresh Sugar Snap Peas Applesauce ALTERNATE: Roast Turkey And Cheese Sandwich	Sweet & Sour Chicken Meatballs Vegetable Brown Rice Fresh Broccoli & Ranch Dressing Grape Tomatoes & Ranch Dressing Fresh Melon ALTERNATE: Turkey Club Sub	Italian Meatsauce over Penne Pasta Mixed Green Salad Fresh Apple Ranch Dressing ALTERNATE: Spiced Turkey & Cheese Ciabatta	