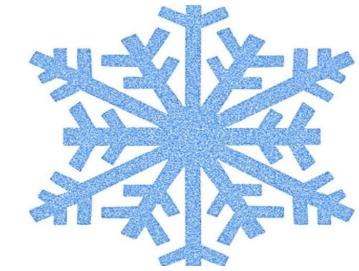


New Heights School

January Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1/1	1/2
			NO SCHOOL	NO SCHOOL
1/5	1/6	1/7	1/8	1/9
NO SCHOOL	Main Entrée Chicken or Pork Burrito Bowl Sides Cilantro Lime Rice Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Crispy Chicken Sandwich Sides Crispy French Fries Cinnamon Applesauce Fresh Fruit & Veggie Bar Alternates Pizza Roll Crunchers Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad & Honey Glazes carrots Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Cheese or Pepperoni Pizza Sides Tater Tots Italian Chop Salad Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable
1/12	1/13	1/14	1/15	1/16
Main Entrée Macaroni & Cheese Sides Baked Beans Crispy French Fries & Dinner Roll Fresh Fruit & Veggie Bar Alternates Pretzel Dog Uncrustable	Main Entrée Italian Dunker Sides Spicy Maple Sweet Potatoes Greek Salad Fresh Fruit & Veggie Bar Alternates Ham & Cheese Sub Uncrustable	Main Entrée Cheese Pizza Pepperoni Pizza Sides Caesar Salad Fresh Fruit & Veggie Bar Alternates Buffalo chicken ranch salad Uncrustable	Main Entrée Orange Chicken Sides Roasted Broccoli White Rice Fresh Fruit & Veggie Bar Alternates General Tso Chicken Uncrustable	Main Entrée French Toast Sticks w/cheese omelet Sides Garlic Roasted Potatoes Sunrise Blend Juice Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable
1/19	1/20	1/21	1/22	1/23
NO SCHOOL	Main Entrée Orange Chicken Noodle Bowl Sides Garden Salad Steamed Edamame Fresh Fruit & Veggie Bar Alternates Southwest salad Uncrustable	Main Entrée Popcorn Chicken Bowl Sides Mashed Potatoes Dinner roll, corn, chicken gravy Fresh Fruit & Veggie Bar Alternates Spicy Italian Wrap Uncrustable	Main Entrée Chicken Alfredo Pasta Sides Caesar Salad Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Cheese or Pepperoni Pizza Sides Crispy French Fries Creamy Coleslaw Fresh Fruit & Veggie Bar Alternates Cheesesteak Flatbread Melt Uncrustable
1/26	1/27	1/28	1/29	1/30
Main Entrée Chicken Tenders Sides Mashed Potatoes Roasted Root Veggies Fresh Fruit & Veggie Bar Alternates Pizza Burger Uncrustable	Main Entrée Chicken or Pork Burrito Bowl Sides Cilantro Lime Rice Fiesta Black Beans Fresh Fruit & Veggie Bar Alternates Chicken Caesar Salad Uncrustable	Main Entrée Crispy Chicken Sandwich Sides Crispy French Fries Cinnamon Applesauce Fresh Fruit & Veggie Bar Alternates Pizza Roll Crunchers Uncrustable	Main Entrée Penne Pasta w/Bolognese Sauce Sides Caesar Salad & Honey Glazes carrots Garlic Breadstick served w/pasta only Fresh Fruit & Veggie Bar Alternates Southwest Salad Uncrustable	Main Entrée Cheese or Pepperoni Pizza Sides Tater Tots Italian Chop Salad Fresh Fruit & Veggie Bar Alternates Turkey & Cheese Sub Uncrustable

Reminder: Ala Carte Milk Costs 65¢