

Lunch Menu for January 2018

New Hanover County High Schools

Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
	<u>Chicken Filet Sandwich</u> Baked Spaghetti w/ Breadstick Hot Dog w/ Chili Lima Beans, Sweet Potato Waffle Fries & Garden Salad Mixed Fruit & Fresh Fruit	<u>French Bread Pizza</u> Fish Filet Sandwich BBQ Chicken w/ Biscuit <u>Creamy Pasta Salad</u> Roasted Potatoes & Garden Salad Diced Pears & Fresh Fruit	<u>Nachos Grande w/ Cornbread Muffin</u> Grilled Chicken Sandwich Corn Dog Nuggets Seasoned Black Beans, Veggie Cup & Garden Salad Diced Peaches & Fresh Fruit	<u>Cheesy Breadsticks</u> Chicken Quesadilla w/ Spanish Rice Bacon Cheeseburger Corn, Carrot Sticks & Garden Salad Mixed Fruit & Fresh Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
Chicken Nuggets w/ Roll <u>Lasagna w/ Breadstick</u> Beef Enchilada w/ Spanish Rice Broccoli w/ Cheese & Garden Salad Diced Peaches & Fresh Fruit	<u>Chicken Tenders w/ Roll</u> Salisbury Steak w/ Biscuit Turkey & Cheese Wrap w/ Pasta Salad Red Skinned Mashed Potatoes, Veggie Sticks & Garden Salad Mixed Fruit & Fresh Fruit	<u>Stuffed Crust Pizza</u> Fish Sticks w/ Hushpuppies Pork BBQ Sandwich Glazed Carrots & Garden Salad Frozen Fruit Cup & Fresh Fruit	<u>Cheeseburger</u> Chicken Pot Pie Buffalo Chicken Pizza Great Northern Beans, Tater tots & Garden Salad Diced Peaches & Fresh Fruit	<u>Corn Dog Nuggets</u> Pork Chop Sandwich Deluxe Chicken Sandwich NC Sweet Potato & Garden Salad Mixed Fruit & Fresh Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
	<u>Chicken Filet Sandwich</u> <u>Beef Taco w/ Spanish Rice</u> Corn Dog Nuggets BBQ Pinto Beans, Veggie Cup & Garden Salad Mixed Fruit & Fresh Fruit	<u>French Bread Pizza</u> Thai Sweet Chili Chicken w/ Rice & Vegetable Egg Roll Pork chop Sandwich Sweet Peas & Garden Salad Mandarin Oranges & Fresh Fruit	<u>Nachos Grande</u> Fish Nuggets Southwest Stuffed Baked Potato <u>Cornbread Muffin</u> (served w/ all main entrees) Carrot Sticks, Green Beans & Garden Salad Diced Peaches & Fresh Fruit	Cheesy Breadsticks <u>Hot Dog w/ Chili</u> Bacon Cheeseburger Baked Beans, Veggie Sticks & Garden Salad Mixed Fruit & Fresh Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
<u>Chicken Nuggets w/ Rice & Gravy</u> Pork BBQ w/ Hushpuppies, Roll & Cole Slaw Chicken Filet Sandwich Baked Potato & Garden Salad Diced Peaches & Fresh Fruit	<u>Chicken Tenders w/ Roll</u> <u>Spaghetti & Meatballs w/ Roll</u> Turkey & Cheese Wrap w/ Pasta Salad Veggie Sticks, California Vegetables & Garden Salad Mixed Fruit & Fresh Fruit	<u>Stuffed Crust Pizza</u> <u>Egg Rolls & Fried Rice</u> Chicken Club Sandwich Broccoli & Garden Salad Frozen Fruit Cup & Fresh Fruit	Cheeseburger <u>Tangerine Chicken w/ Rice & Vegetable Egg Roll</u> Buffalo Chicken Pizza Glazed Carrots, French Fries & Garden Salad Mandarin Oranges & Fresh Fruit	Corn Dog Nuggets <u>Beef-a-roni w/ Breadstick</u> Deluxe Chicken Sandwich Black Eyed Peas, Carrot Sticks & Garden Salad Mixed Fruit & Fresh Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		
<u>Popcorn Chicken w/ Mac & Cheese</u> Grilled Cheese Teriyaki Chicken w/ Rice & Vegetable Egg Roll Vegetable Soup & Garden Salad Diced Peaches & Fresh Fruit	<u>Chicken Filet Sandwich</u> Baked Spaghetti w/ Breadstick Hot Dog w/ Chili Lima Beans, Roasted Potatoes, & Garden Salad Mixed Fruit & Fresh Fruit	<u>French Bread Pizza</u> Fish Filet Sandwich BBQ Chicken w/ Biscuit <u>Creamy Pasta Salad</u> Sweet Potato Waffle Fries & Garden Salad Diced Pears & Fresh Fruit	<u>Early College & JC Roe Entrees</u> *All other schools get both choices. Garden salad, Fresh and Canned Fruit, and a variety of milk are served daily Lunch \$2.60 Adults: A la carte	At traditional High Schools, in addition to the menu'd items, Chicken Quesadilla or French Bread Pizza, a PB&J combo and Chef Salad will be available daily.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
- National Bean Day (January 6)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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Menu subject to change depending upon availability