



CP January Lunch Menu High School



Chef Metz is "Cookin' Up"



Monday	Tuesday January 1, 2019	Wednesday January 2, 2019	Thursday January 3, 2019	Friday January 4, 2019
No School	No School	No School	Hot Turkey Sandwich With Gravy	Ranchero Toasted Sandwich
			BBQ Ham Sandwich On A Bun	Chicken Nuggets With A Pretzel Stick
			Featured Veggies: Mashed Potatoes Steamed Corn	Featured Veggies: Steamed Carrots Pepper Strips
			Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk

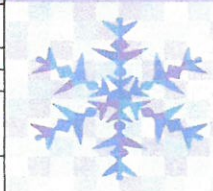
Monday January 7, 2019	Tuesday January 8, 2019	Wednesday January 9, 2019	Thursday January 10, 2019	Friday January 11, 2019
French Toast/Syrup Sausage Patty	Buffalo Chicken Flatbread	Cheese Filled Ravioli With A Garlic Stick	Buffalo Chicken Dip With Chips	No School
Chicken Caesar Wrap On A Bun	Ham Egg and Cheese on A Bagel	Cold Cut Hoagie	Corn Dog On A stick	
Featured Veggies: Hash Brown Patty Carrot Sticks	Featured Veggies: Oven Brown Sweet Potatoes Garden Salad	Featured Veggies: Steamed Peas Carrot Sticks	Featured Veggies: Glazed Carrots Cucumber Slices	
Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	

Monday January 14, 2019	Tuesday January 15, 2019	Wednesday January 16, 2019	Thursday January 17, 2019	Friday January 18, 2019
Bacon Cheeseburger on a bun	Chicken & Gravy Over Biscuit	Chicken Patty on a Bun	Lasagna Roll Ups Garlic Bread Stick	Hot Dog On A Bun
Chicken Nuggets With A Roll	Fiesta Pizza	Walking Taco With Rice Lettuce Tomato & Cheese	BBQ Ribby On A Bun	Stuffed Crust Pizza
Featured Veggies: French Fries Pepper Strips	Featured Veggies: Steamed Corn Mashed Potatoes	Featured Veggies: Refried Beans Cucumber Slices	Featured Veggies: Steamed Green Beans Romaine Salad	Featured Veggies: Steamed Carrots Grape Tomatoes
Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk

Monday January 21, 2019	Tuesday January 22, 2019	Wednesday January 23, 2019	Thursday January 24, 2019	Friday January 25, 2019
No School	Pierogies & Kielbasi	Cowboy Burger On A Bun	Grilled Cheese Sandwich	Cheese Pizza
	Corn Dog	Nacho Supreme With Trimmings	Fish and Cheese On A bun	Spicy Chicken Patty On A Bun
	Featured Veggies: Baked Beans Sauerkraut	Featured Veggies: Mexicali Corn Celery Sticks	Featured Veggies: Tomato Soup Cucumber slices	Featured Veggies: Curly Fries Red Pepper Strips
	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk

Monday January 28, 2019	Tuesday January 29, 2019	Wednesday January 30, 2019	Thursday January 31, 2019	Friday
Philly Cheese & Steak On A bun	Chicken Parmesan On A Bun	Bowl Meal Popcorn Chicken & A Roll	Soft Taco With Rice Lettuce Tomato and Cheese	
BBQ Chicken On A bun	Ham & Cheese On A Pretzel Roll	Ham & Turkey Sub	Cheeseburger/Bun Bow Tie Noodles	
Featured Veggies: Sweet potatoes Cucumber Slices	Featured Veggies: Romaine Salad Steamed Peas	Featured Veggies: Mashed Potatoes & Gravy Steamed Corn	Featured Veggies: Steamed Glazed Carrots Fresh Broccoli	
Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	Choice Of Fruit Choice Of Milk	

Monday	Tuesday	Wednesday	Thursday	Friday



What is a Meal?

You must Choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread

And
Choice of Milk
1% white, Fat Free White,
Chocolate, Vanilla or
Strawberry

Fruit May Include:
Canned Peaches, pineapple
applesauce, pears,
Fruit Cocktail,
mandarin oranges
100% juice (apple, orange)
Fresh Fruit
selection including
apples, bananas and
oranges

Weekly Vegetable Subgroups
May Include:
Dark Green- spinach, broccoli
romaine and spring salad
Red/Orange- carrots, sweet
potatoes, tomatoes and red
peppers
Legumes- beans and peas
Starchy- potatoes, corn, peas
and lima beans
Other Vegetables- celery sticks,
cucumbers, cauliflower, green
peppers, green beans and
cabbage

Debbie Helstern
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Student Lunch \$2.50
Student reduced price lunch \$.40
Adult lunch \$3.20
Milk \$.85

For your convenience we now offer a way to pay online. Go to "www.payforit.net" to find out more.