


Mon. & Wed. sandwich bar and
pre-made salads available

Medomak Valley High School
January 2017

Tues. & Thurs. salad bar and
pre-made sandwiches available

Friday: pre-made salads and sandwiches

2 No School	3 Fish Sticks Sweet Potato Fries Green Beans or Mgrs. Veggie Choice Applesauce	4 Meatball Sub Black Bean Salad or Mgrs. Veggie Choice Blueberries w/cream	5 Chicken Burger on WG Roll Broccoli w/ranch or Mgrs. Veggie Choice Fruit Mix	6 Pizza Mixed veggies Crisp Apple
9 Teriyaki Chicken with Rice Pilaf Steamed Broccoli or Mgrs. Veggie Choice Pineapple Chunks	10 Sloppy Joes on WG Roll Baked Beans or Mgrs. Veggie Choice Orange Wedges	11 Early Release Turkey & Cheese on WG Roll Baby Carrots w/ranch Fruit mix	12 Chicken Burger on WG Roll Sweet WK Corn or Mgrs. Veggie Choice Spiced Apple	13 Pizza Cukes Granny Smith Apple
16 Holiday No School	17 Fajita Chicken Wrap Sweet Potato Fries or Mgrs. Veggie Choice Pears	18 Taco's with the fixins' Salsa/Sour Cream Black Bean Salad Fruit Choice	19 Spicy Chicken Burger on WG Roll Broccoli w/ranch Apple Crisp	20 Pizza Mixed Veggies Orange Wedges
23 Tomato Soup or Creamy Chicken Soup Turkey Sandwich Carrots Fruit Mix	24 Cheeseburger on WG Roll Baked Beans or Mgrs. Veggie Choice Fresh Fruit	25 Spaghetti w/meatsauce Leafy Green Salad or Mgrs. Veggie Choice Applesauce	26 Fish Sticks Potato Puffs Sweet Peas Diced Peaches	27 Pizza Celery w/peanut butter Crisp Apple
30 Steak and cheese Sub w/peppers & onions Black Bean Salad or Mgrs. Veggie Choice Blueberry Crisp	31 Chicken and Gravy Mashed Potato Butternut Squash Mixed Fruit			

Menu is subject to change according to availability of foods.

Please send in breakfast and lunch money on the first school day of the each week or you can pay by the month.