



JANUARY | 2019

Piqua High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 NO SCHOOL	1 NO SCHOOL	2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL
7 Coney Dog (2) w/ Cheese (0) Bun (21) Chicken Patty (28) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fresh Oranges (21) Applesauce (14)	8 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (26) French Fries (14) Steamed Broccoli (2) Fresh Apple Slices (18) Peaches (14)	9 Cheese Quesadilla (40) Hot Chicken Sand. (32) Glazed Carrots (16) Corn (16) Grapes (16) Pears (16)	10 Chicken & Noodles (21) Chicken Nuggets (13) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Strawberries (22) Pineapple (20)	11 East of Chicago (42) Pulled Pork Sand. (26) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Fresh Banana (27) Mandarin Oranges (20)
14 Nachos - Taco Meat (3) Cheese Sauce (5) Chips (21) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	15 Cheese Garlic Bread (30) BBQ Chicken Sand. (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	16 French Toast (46) Syrup Cup (29) Sausage, Egg & Cheese Sandwich (29) Tater Rounds (16) Glazed Carrots (16) Orange Juice (19) Pears (16)	17 Hot Ham & Cheese (25) Turkey & Cheese Sub (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Strawberries (22) Pineapple (20)	18 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Baby Carrots (12) w/Ranch (5) California Blend (5) Fresh Banana (27) Mandarin Oranges (20)
21 NO SCHOOL	22 Spaghetti (34) w/ Breadstick (14) BBQ Rib w/ Pickle (38) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	23 Grilled Cheese (31) Goldfish Crackers (14) Chicken Patty (39) Tomato Soup (20) Steamed Broccoli (2) Grapes (16) Pears (16)	24 Cheese Quesadilla (40) Cheeseburger (25) Baby Carrots (12) w/Ranch (5) Peas (11) Strawberries (22) Pineapple (20)	25 East of Chicago (42) Shredded BBQ (30) Celery (2) w/ Peanut butter cup (8) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
28 Mac & Cheese (28) Fish Sticks (22) Dinner Roll (15) Potato Wedges (14) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	29 Pizza Bob (30) Ravioli (28) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Fresh Apple Slices (18) Peaches (14)	30 General Tso Chicken (25) w/ Rice (29) Popcorn Chicken (20) w/ Roll (15) French Fries (14) Steamed Broccoli (2) Grapes (16) Pears (16)	31 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Strawberries (22) Pineapple (20)	1 East of Chicago (42) Chicken Fingers (13) w/ Dinner Roll (15) Cucumbers (0) & Tomatoes(2) Baby Carrots (12) w/ Ranch (5) Fresh Banana (27) Mandarin Oranges (20)

Fruit & Vegetables

You **MAY** take 2
Fruits and 2
Vegetables with your meal
But it is
REQUIRED that
You take at least 1 of one
or the other
To count as a
Reimbursable
School meal

All lunches come
With low-fat
Or no fat Milk

Other Choices
 Chicken Patty Sandwich
 (28)
 Cheeseburger (26)
 Cheese Sticks (30)
 Spicy Chicken Sandwich
 (28)
 School Pizza (33)
 Salads (15)
 PB&J w/ Yogurt (44)
 (##) is Carb count