



Signonella Middle/High School January Lunch Menu

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
5 Spaghetti w/meatballs String beans Fresh salad Fresh fruit Low-fat Milk	6 Grilled Chicken sandwich Roasted potatoes Tossed Salad Fresh fruit Low-fat Milk Dessert	7 Polish sausage Baked beans French fries Tossed Salad Fresh fruit Low-fat Milk	8 Baked Fish sticks With tartar sauce Steamed carrots Fresh salad Fresh fruit Low-fat Milk Dessert	9 Pepperoni or cheese Pizza Golden corn Fresh salad Fresh fruit Low-fat Milk
12 Chicken nuggets Baked tater tots Tossed Salad Fresh fruit Low-fat Milk	13 Pasta with Tomato Sauce/Olive Oil/Parmesan Cheese Garlic bread Tossed Salad Fresh fruit Low-fat Milk Dessert	14 Choice of Hamburger or Cheeseburger on WWB French fries Tossed Salad Fresh fruit Low-fat Milk	15 <u>EARLY DISMISSAL</u>	16 Ham or cheese pizza Steamed Spinach Tossed Salad Fresh fruit Low-fat Milk Jello
19 <u>MARTIN LUTHER KING</u> <u>NO SCHOOL</u>	20 Fat Free Hot Dog on WWB Baked beans Tossed Salad Fresh fruit Low-fat Milk Dessert	21 Beef Lasagna Green beans Tossed Salad Fresh fruit Low-fat Milk	22 Cordon bleu Steamed broccoli Fresh fruit Low-fat Milk Dessert	23 <u>TEACHER WORK DAY</u> <u>NO SCHOOL</u>
26 Chicken nuggets Mixed veggie Tossed Salad Fresh fruit Low-fat Milk	27 Choice of Hamburger or Cheeseburger on WWB French fries Steamed carrots Fresh salad Fresh fruit Low-fat Milk Dessert	28 Baked Fish sticks With tartar sauce Steamed carrots Garlic bread Tossed Salad Fresh fruit Low-fat Milk	29 Pepperoni or cheese Pizza Spinach Tossed Salad Fresh fruit Low-fat Milk Jello	30 <u>EARLY DISMISSAL</u>