

# January 2018

SMS--SHS

LUNCH



**Lunch Prices:**  
**Full pay \$2.50**  
**Reduced \$.40**  
**Adult \$3.75**

**Chef salad box available daily**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts. This institution is an equal opportunity provider.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Happy New Year

1

Teacher work day  
No students

2

Fish sticks& hushpuppy  
OR  
Sub sandwich  
Potato wedges  
Green beans  
Fruit / Milk

3

Hot Dog  
OR  
BBQ sandwich  
Corn  
Baked chips  
Fruit / Milk

4

Grilled chicken sandwich  
Lettuce & tomato  
OR  
Meatball sub  
Baked beans  
Baked chips  
Fruit / Milk

5

Chicken nuggets  
OR  
BBQ sandwich  
French fries  
Greenbeans  
Fruit / Milk

8

Sausage dog w/ onion & pepper  
OR  
Sub sandwich  
Baked chips  
Baby carrots  
Fruit / Milk

9

Nachos  
OR  
Pizza  
Side salad  
Pinto beans  
Fruit/ Milk

10

Cheeseburger meatloaf & Mashed potatoes  
OR  
Baked potato w/ ham & cheese  
Steamed broccoli / Roll  
Fruit/ milk

11

Hamburger, lettuce & tomato  
OR  
Meatball sub  
Baked beans  
Baked chips  
Fruit / milk

12

Martin Luther King Day  
No school

15

Spaghetti & breadstick  
OR  
pizza  
Side salad  
Fruit/ Milk

16

Philly cheesesteak flatbread  
OR  
Sub sandwich  
Onion & pepper  
French fries  
Fruit / Milk

17

Tacos w/ lettuce & tomato  
OR  
Baked potato w/ ham & cheese  
Refried beans  
Graham cracker  
Fruit/ milk

18

Grilled chicken sandwich  
Lettuce & tomato  
OR  
Meatball sub  
Baked beans / baked chips  
Fruit / Milk

19

Country fried steak, rice & gravy  
OR  
Baked potato w/ham & cheese  
Steamed carrots  
Roll  
Fruit / Milk

22

Toasted cheese sandwich  
OR  
Sub sandwich , lettuce & tomato  
Broccoli salad  
Baked chips  
Fruit / milk

23

Shepards pie  
OR  
BBQ sandwich & fries  
coleslaw  
fruit  
milk

24

Corn dog  
OR  
Pizza  
Tator tots  
Green peas  
Fruit/ Milk

25

Hamburger, lettuce & tomato  
OR  
Meatball sub  
Baked beans  
Baked chips  
Fruit / milk

26

Teriyaki beef bites& brown rice  
OR  
Baked potato w/ ham & cheese  
Oriental vegetables  
Roll  
Fruit / milk

29

Breakfast for Lunch  
Eggs, grits, sausage & biscuit  
OR  
BBQ sandwich  
Tri tator  
Fruit/ Milk

30

Chicken fajitas  
OR  
Pizza  
Side salad  
Refried beans  
Fruit / Milk

31

