

CATASAUQUA HIGH SCHOOL JANUARY '19

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Selections:
Choice of fresh fruits, steamed vegetables, vegetarian and protein Salads, yogurt, water, cold sandwiches, two pastas, fresh rolls, pizzas, Milk, and condiments available daily.
All breads and pastas are whole grain rich.

2
Holiday
No Meals Served

3
Chicken & Cheese
Quesadilla WG
Assorted Fresh Fruit
Refried Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

4
Jumbo Hot Dog
on a WG Bun
Assorted Fresh Fruit
French Fries
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

7 Boneless Chicken Wings!!
Hot Sauce & Baby Carrots
Choice Of Fruit
Steamed Broccoli
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

8 Monte Cristo Sandwich WG
w/ Syrup
Assorted Fresh Fruit
Tater Tots
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

9 Salisbury Steak
w/ Whole Grain Breadstick
Assorted Fresh Fruit
Baked Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

10 Ham & Cheese
Pretzelwich, WG
Assorted Fresh Fruit
Tater Tots
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

11 Pulled Pork BBQ
Sandwich WG
Assorted Fresh Fruit
Steamed Green Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

14 Sausage, Egg & Cheese
Sandwich on WG Bagel
Assorted Fresh Fruit
Broccoli
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

15 Boneless Chicken Wings!!
Hot Sauce & Baby Carrots
Choice Of Fruit
Steamed Corn
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

16 Lasagna w/ Tom. Sauce WG
Garlic Bread
Assorted Fresh Fruit
Steamed Green Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

17 Nachos Grande! WG
With Lettuce and Tomato
Assorted Fresh Fruit
Refried Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

18 Sloppy Joe
on a WG Bun
Assorted Fresh Fruit
French Fries
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

21
Holiday
No Meals Served

22 Chicken Cheesesteak
On a WG Roll
Assorted Fresh Fruit
Steamed Corn
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

23 Italian Hoagie on a WG
Roll w/ Lettuce and Tomato
Assorted Fresh Fruit
Baked Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

24 Ham & Cheese
Pretzelwich, WG
Assorted Fresh Fruit
Tater Tots
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

25 Cheesesteak
on a WG Roll
Potato Wedges
Assorted Fresh Fruit
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

28 Catty Bowl with Mashed Pot.
Corn, and Popcorn Chix
and a WG Breadstick
Steamed Corn
Fruit, Carrots, Side Salad
Choice of Milk & Daily Selections

29 WG Beef A Roni
Assorted Fresh Fruit
Steamed Corn
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

30 Soft Shell Tacos WG
with Lettuce and Tomatoes
Assorted Fresh Fruit
Refried Beans
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

31 Grilled Cheese Sandwich WG
Tater Tots
Assorted Fresh Fruit
Baby Carrots, Side Salad
Choice of Milk & Daily Selections

1 Buffalo Chicken Sub
On a Roll WG
French Fries
Assorted Fresh Fruit
Baby Carrots
Choice of Milk & Daily Selections

All Breads and Pastas are Whole Grain Rich

Menu Subject to Availability and Change Without Notice

WG= Whole Grain