



# JANUARY 2019



HIGH SCHOOL 9-12

CRCS PROVIDES EQUAL PROGRAM AND EMPLOYMENT OPPORTUNITES

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>NO SCHOOL</p> 	<p>1</p> <p>HAPPY NEW YEAR!!!!</p>	<p>2</p>  <p>NO SCHOOL</p>	<p>3</p> <p><i>Day 6</i></p> <p>WG Chicken Nuggets WG Roll WG Cheese RF Pizza 2oz Turkey 1.5oz Cheese 5oz WW Bread 1.9oz/RF Mayo 1pk 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Spiced Pears Vegetable Choices 1/2 Cup Mixed Greens/G/(1c=1/2cup) Mashed Potatoes Oven Baked Beans Green Beans</p>	<p>4</p> <p><i>Day 1</i></p> <p>Homemade Souper Friday</p> <p>WG Assorted Pizza Ham 1.5oz Cheese.5oz WW Bread 2 Oz RF Mayo/Mustard 1pk 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Mixed Fruit Vegetable Choices 1/2 Cup Mixed Greens/G/(1 c=1/2 cup) Broccoli Cuts/ Veggie Pasta Salad</p>
<p>7</p> <p><i>Day 2</i></p> <p>WG Chicken Strips WG Roll WG RF Cheese Pizza Peanut Butter &amp; Jelly Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Peaches Vegetable Choices 1/2 Cup Sweet Carrot Coins Mixed Greens/(1c=1/2cup) Mashed Potatoes</p>	<p>8</p> <p><i>Day 3</i></p> <p>Chicken Quesadilla Seasoned Rice WG RF Cheese Pizza 2oz Tuna Salad Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Cinnamon Applesauce Vegetable Choices 1/2 cup Mixed Greens(1c=1/2cup) Black Bean Tomato Salsa Golden Corn</p>	<p>9</p> <p><i>Day 4</i></p> <p>Mozzarella Sticks/Baked Pasta/Garlic Bread Bologna &amp; Cheese Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Berry cup Vegetable Choices 1/2 cup Mixed Greens/(1c=1/2cup) Beets Mixed Veggies</p>	<p>10</p> <p><i>Day 5</i></p> <p>Hamburger/Cheese Burger WG Roll/Pickle Chips WG RF Pizza 2 oz. Turkey &amp; Cheese Sandwich 8oz FF Yogurt/2 oz Granola Fruit Choices 1 Cup Fresh OR Spiced Pears Vegetable Choices 1/2 Cup Mixed Green(1c=1/2cup) Seasoned Curly Fries Tomato Slices</p>	<p>11</p> <p><i>Day 6</i></p> <p>Homemade Souper Friday</p> <p>WG Fresh And Assorted Pizza Fish &amp; Chips WG Roll Ham &amp; Cheese Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1 Cup Fresh Or Mixed Fruit Vegetable Choices 1/2 cup Mixed Greens/G/(1 c=1/2 cup) Broccoli Cuts Veggie Pasta Salad</p>
<p>14</p> <p><i>Day 1</i></p> <p>WG Chicken Burger/Plain/Spicy WG Roll WG Cheese Pizza 8oz Yogurt/2oz Granola PBJ Sandwich Fruit Choices 1/2 cup Fresh or Cinnamon Applesauce Vegetable Choices 1/2 cup Mixed Greens(1c+1/2c) Sweet Carrot Coins Mashed Potato</p>	<p>15</p> <p><i>Day 2</i></p> <p>BBQ Rib Sandwich WG Sub Roll WG Cheese Pizza Tuna Salad Sandwich Fruit Choices 1/2 cup Fresh or Mixed Fruit Cup Vegetable Choices 1/2 cup Mixed Greens(1c=1/2cup) Tater Tots Coleslaw Green beans</p>	<p>16</p> <p><i>Day 3</i></p> <p>Taco/Nacho/Seasoned/Meat Shredded Cheese/Cheese Sauce/Chips/Seasoned Rice WG Cheese Pizza Bologna &amp; Cheese Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1/2 cup Fresh or Warm Spiced Pears Vegetable Choices 1/2 Cup Mixed Greens(1c=1/c) Black Bean/Tomato Salsa Golden Corn</p>	<p>17</p> <p><i>Day 4</i></p> <p>French Toast Sticks Sausage WG Cheese Pizza Turkey Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1/2 cup Fresh or Peaches Vegetable Choices 1/2 cup Mixed Greens BabyCakes Sweet Potato</p>	<p>18</p> <p><i>Day 5</i></p> <p>Homemade Souper Friday</p> <p>WG Assorted Pizza Fis&amp;Chips WG Roll Ham&amp;Cheese Sandwich 8oz FF Yogurt/2oz Granola Fruit Choices 1/2 cup Fresh or Berry Cups Vegetable Choices 1/2 cup Mixed Greens(1c=1/2c) Broccoli Cuts/Veggie Pasta</p>
<p>21</p> <p>MARTIN LUTHER KING JR DAY NO SCHOOL</p>  <p>Martin Luther King, Jr.</p>	<p>22</p> <p><i>Day 6</i></p> <p>Chicken Nuggets/WG Roll WG Cheese Pizza Tuna Salad Sandwich 8 oz FF Yogurt/Granola Fruit Choices/Fresh or Pears Vegetable Choices Mixed Greens(1c=1/2c) Mashed Potatoes Oven Baked Beans</p>	<p>23</p> <p><i>Day 1</i></p> <p>Quesadilla/Seasoned Rice WG Cheese Pizza Bologna &amp; Cheese Sandwich 8 oz FF Yogurt/Granola Fruit Choices/Fresh or Cinnamon Applesauce Vegetable Choices/Mixed Greens(1c=1/2 c) Black Bean Tomato Salsa Golden Corn</p>	<p>24</p> <p><i>Day 2</i></p> <p>Assorted WG Cheese Pizza Turkey &amp; Cheese Sandwich 8oz FF Yogurt/Granola Fruit Choices/Fresh or Pineapple Chunks Vegetable Choices Mixed Greens(1c = 1/2 c ) Broccoli Cuts Veggie Pasta Salad</p>	<p>25</p> <p><i>Day 3</i></p> <p>1/2 DAY Grab &amp; Go PBJ Pocket WG Chips Fresh Fruit Fresh Veggies WG Cookie</p>
