

# JANUARY

## CCSD High School Dish Up Lunch



Lunch Cost

\$3.25

Hungry? Apply for meal benefits today, by going to [MySchoolApps.com](http://MySchoolApps.com)



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@CCSFoodService



You may pay for meals online at no extra cost, by visiting [www.MySchoolBucks.com](http://www.MySchoolBucks.com). Menu Subject to Change.

V = Meatless Option



Our milk varieties include 1% low fat & fat-free choices.



Nutritious seasonal fresh & cupped fruit served daily.



We offer a variety of vitamin and mineral rich vegetables.



We use heart healthy whole grain breads and rice.



\*All Menus are subject to change.\*



MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<p><b>2018 HAPPY NEW YEAR</b></p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p>
<p>8 Chicken Tenders (6 piece) or Bean &amp; Cheese Burrito V Potato Wedges ½ cup Fiesta Beans ½ cup Raisels and/or Mixed Fruit Cup Milk</p>	<p>9 Cheeseburger w/bun or Grilled Cheese Sandwich V Baby Carrots w/Ranch Pears and/or 100% Fruit Juice Yogurt Milk</p>	<p>10 Hot Ham &amp; Cheese Sandwich w/bun or Bean &amp; Cheese Burrito V Peas &amp; Carrots 1 cup Pineapple and/or Raisels Colby Jack Cheese Stick Flamin' Hot Cheetos Milk</p>	<p>11 Cheese Pizza or Grilled Cheese Sandwich V Green Salad w/Ranch Craisins and/or 100% Fruit Juice String Cheese Milk</p>	<p>12 Chicken Parm Sandwich w/bun or Bean &amp; Cheese Burrito V Celery w/Ranch Fresh Clementine and/or Peaches Celebration Cookie Milk</p>
<p>15 <b>MLK Day</b> <b>No School</b></p>	<p>16 Breaded Chicken Drumsticks (2 each) &amp; Dinner Roll or Grilled Cheese Sandwich V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup and/or 100% Fruit Juice Colby Jack Cheese Stick Milk</p>	<p>17 BBQ Pulled Pork Sandwich w/bun or Bean &amp; Cheese Burrito V Baby Carrots w/Ranch Pineapples and/or Craisins Cheesy Breadstick Milk</p>	<p>18 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Raisels and/or 100% Fruit Juice String Cheese Milk</p>	<p>19 Hamburger w/bun or Bean &amp; Cheese Burrito V Green Beans 1 cup Apple Slices and/or Pears Elf Graham Crackers Milk</p>
<p>22 Double Dog or Bean &amp; Cheese Burrito V Tater Tots 1 cup Pears and/or Mandarin Oranges Chocolate Chip Cookie Milk</p>	<p>23 Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas &amp; Carrots ½ cup Craisins and/or 100% Fruit Juice Colby Jack Cheese Stick Milk</p>	<p>24 Crispy Chicken Filet Sandwich w/bun or Bean &amp; Cheese Burrito V Baby Carrots w/Ranch Peach Cup and/or Raisels Milk</p>	<p>25 Cheese Pizza V or Grilled Cheese Sandwich V Green Salad w/Ranch Fresh Clementine and/or 100% Fruit Juice String Cheese Milk</p>	<p>26 Chicken Nuggets or Bean &amp; Cheese Burrito V Celery w/Ranch Apple Slices and/or Mixed Fruit Goldfish Crackers Milk</p>
<p>29 Hamburger w/bun or Bean &amp; Cheese Burrito V Potato Wedges ½ cup Carrot Coins ¾ cup Pineapple and/or Applesauce Milk</p>	<p>30 Chicken Gordita or Grilled Cheese Sandwich V Fiesta Beans ½ cup Sweet Corn ½ cup Raisels and/or 100% Fruit Juice String Cheese Milk</p>	<p>31 Mesquite Chicken Drumsticks (2 each) &amp; Dinner Roll or Bean &amp; Cheese Burrito V Green Beans ¾ cup Creamy Mashed Potatoes ½ cup Craisins and/or Peaches Celebration Cookie Milk</p>	<p>1 Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch Colby Jack Cheese Stick Fresh Clementine and/or 100% Fruit Juice Milk</p>	<p>2 Teriyaki Chicken Sliders or Bean &amp; Cheese Burrito V Peas &amp; Carrots 1 cup Apple Slices and/or Raisels Elf Graham Crackers Milk</p>

\*This institution is an equal opportunity provider. / Esta institución es un proveedor que ofrece igualdad de oportunidades.\*