

**Common Ground High School**  
**JANUARY LUNCH**  
**2019**

| Monday   | Tuesday                     | Wednesday  | Thursday  | Friday  |
|--|-----------------------------|--|---|---|
|  | Jan - 1<br><br>HOLIDAY      | Jan - 2<br><br>SW TURKEY BURGERS<br>VEGGIE BURGER W/BUN<br>SALAD,TOSSED<br>SALAD DRESSING<br>*CELERY STICKS*<br>*CARROT STICKS*<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>STRING CHEESE<br>*ASSORTED FRUIT*         | Jan - 3<br><br>PORK TENDERLOIN *<br>Korean Sauce<br>KOREAN BBQ TOFU TACOS<br>HIBACHI NOODLE*<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CARROT STICKS*<br>*CELERY STICKS* | Jan - 4<br><br>VEGETABLE QUESADILLA<br>SPANISH RICE<br>REFRIED BEANS<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>SALSA<br>SOUR CREAM FAT FREE<br>*CARROT STICKS*<br>*CELERY STICKS* |
| Jan - 7<br><br>*CHICKEN SAUS,PEPP PASTA*<br>PASTA FAGIOLI<br>*CIABATTA ROLLS<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>STRING CHEESE | Jan - 8<br><br>COLUMBUS DAY | Jan - 9<br><br>*GRILLED CHEESE SANDWICH*<br>ROASTED TOMATO SOUP<br>SALAD,TOSSED<br>SALAD DRESSING<br>*CELERY STICKS*<br>*CARROT STICKS*<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>STRING CHEESE<br>*ASSORTED FRUIT* | Jan - 10<br><br>*AMERICAN CHOP SUEY*<br>*AMERICAN CHOP SUEY VEGGIE*<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CIABATTA ROLLS   | Jan - 11<br><br>*STEW CHICKEN HARVEST<br>VEGETARIAN "BEEF" STEW<br>*CIABATTA ROLLS<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CARROT STICKS*<br>*CELERY STICKS*<br>STRING CHEESE  |

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| Jan - 14<br>TURKEY CHILI<br>CHILI CON CARNE W/ BEANS<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>SOUR CREAM FAT FREE<br>*CIABATTA ROLLS<br>*CELERY STICKS*<br>*CARROT STICKS*<br>NACHO CHEESE SAUCE | Jan - 15<br>HAM EGG AND CHEESE BAGEL<br>VEGGIE EGG WHITE FRITATTA*<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>OATMEAL<br>*CEREAL,VARIETY*<br>WHOLE WHEAT BAGEL | Jan - 16<br>*STEAK & CHEESE WRAPS<br>*HUMMUS WRAP*<br>SALAD,TOSSED<br>SALAD DRESSING<br>*CELERY STICKS*<br>*CARROT STICKS*<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>STRING CHEESE<br>*ASSORTED FRUIT* | Jan - 17<br>*GRILLED CHEESE SANDWICH*<br>ROASTED TOMATO SOUP<br>SALAD,TOSSED<br>SALAD DRESSING<br>*CELERY STICKS*<br>*CARROT STICKS*<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>STRING CHEESE<br>*ASSORTED FRUIT* | Jan - 18<br>CHICKEN PARM SANDWICH<br>VEGGIE CHICKEN CUTLETTTE<br>PASTA PRIMAVERA<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CIABATTA ROLLS |
| Jan - 21<br>NO SCHOOL   | Jan - 22<br>*BEEF HOT DOG WITH BUN*<br>TOFU DOG W/BUN<br>BAKED BEANS (VEGETARIAN)<br>*FRENCH FRIES<br>COLE SLAW<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*        | Jan - 23<br>NO SCHOOL   | Jan - 24<br>NO SCHOOL   | Jan - 25<br>NO SCHOOL  |

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| Monday  | Tuesday   | Wednesday   | Thursday  | Friday |
|---|---|---|---|--------|
| Jan - 28<br><br>CHICKEN FAJITAS<br>VEGGIE "CHICKEN" TACOS<br>SPANISH RICE<br>REFRIED BEANS<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CARROT STICKS*<br>*CELERY STICKS* | Jan - 29<br><br>SAUSAGE BROCCOLI SALAD<br>PASTA FAGIOLI<br>SALAD BAR<br>MIXED GARDEN VEGGIES<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID*<br>*ASSORTED FRUIT*<br>*CIABATTA ROLLS | Jan - 30<br><br>CHEESEBURGER<br>VEGGIE BURGER W/BUN<br>SALAD, TOSSED<br>SALAD DRESSING<br>STRING CHEESE<br>*ASSORTED FRUIT*<br>*CARROT STICKS*<br>*CELERY STICKS*<br>*CHIPS, BAKED LAYS<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID* | Jan - 31<br><br>MAC & CHEESE<br>GARLIC KNOTS<br>MIXED GARDEN VEGGIES<br>SALAD BAR<br>*ASSORTED FRUIT*<br>*CARROT STICKS*<br>*CELERY STICKS*<br>MILK 1 % WHITE*<br>MILK, FAT FREE*<br>LACTAID* |        |

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