

Christ the King High School Featured Menu January 2018

Date	Healthy Grade	From the Hot Line	Panini of the Day	Wraps, Salads & More
Monday 1/1	<i>NEW YEAR'S DAY – NO SCHOOL</i>			
Tuesday 1/2	<i>MANAGER'S CHOICE</i>			
Wednesday 1/3	Homemade Chicken Orzo Soup	Hamburger or Chicken Nuggets with Seasoned Fries	Grilled Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Thursday 1/4	Turkey Burger on Whole Wheat Roll	Mac & Cheese with Buffalo Wings	Spicy Chicken with Cheddar Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Friday 1/5	Pasta with Broccoli	Pasta with Meatballs and Mozzarella Sticks	Turkey & American Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>

In addition to the published, featured menu, the following offerings are available on a daily basis:

- Low fat yogurt parfaits with fresh fruit and granola
- Fresh sliced fruit cups as well as whole fruit
- Fresh vegetables with dipping sauce
- Fresh baked goods

Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.
If you have a food allergy, please speak to the cafeteria manager.
Menu is subject to change.

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Monday 1/8	Veggie Pizza	Jamaican Beef Patty with Fries	Ham & Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Tuesday 1/9	Turkey Burger	Taco Salad	Italian Combo	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Wednesday 1/10	Homemade Minestrone Soup	Chicken Nuggets with Seasoned Fries	Turkey & Swiss	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Thursday 1/11	Pasta Primavera	Spaghetti with Meatballs or Pizza Sticks	BBQ Chicken	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Friday 1/12	Turkey, Lettuce & Tomato on 7 Grain Roll	Chicken & Broccoli with Rice or Veggie Dumplings	Pepperoni with Mozzarella	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>

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Monday 1/15	<i>MARTIN LUTHER KING JR. DAY – NO SCHOOL</i>			
Tuesday 1/16	Homemade Chicken Orzo Soup	Mashed Potato, Corn Chicken & Brown Gravy in a bowl	Turkey & American Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Wednesday 1/17	Pasta with Broccoli	Hamburger or Chicken Nuggets with Seasoned Fries	Italian Combo	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Thursday 1/18	Turkey Burger on Whole Wheat Roll	Shepard's Pie	Grilled Cheese with Bacon	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Friday 1/19	Flatbread Pizza with Broccoli	Pasta with Chicken Parmigiana	BBQ Chicken	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>

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Monday 1/22	Roasted Pepper with Low Fat Mozzarella on 7 Grain Roll	Hamburger with Fries	Spicy Chicken Cutlet with Cheddar	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Tuesday 1/23	Homemade Chicken Soup	Mac & Cheese with Buffalo Wings	Turkey, Bacon & American Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Wednesday 1/24	Turkey, Lettuce & Tomato on Whole Wheat Wrap	Jamaican Beef Patty with Seasoned Fries	Pepperoni with Mozzarella	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Thursday 1/25	Pasta Primavera	Spaghetti with Meatballs or Pizza Sticks	Grilled Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Friday 1/26	Turkey Burger on Whole Wheat Roll	Pasta Bar Penne with Alfredo, Marinara or Vodka Sauce and a Roll	Ham & Swiss	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>

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Monday 1/29	Homemade Chicken Orzo Soup	Cheeseburger with Fries or Cheese Fries	Turkey & American Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Tuesday 1/30	Turkey Burger	Chicken & Broccoli with Rice or Veggie Dumplings	Italian Combo	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Wednesday 1/31	Pasta with Broccoli	Hamburger or Chicken Nuggets with Seasoned Fries	Spicy Chicken Cutlet with Cheddar Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Thursday 2/1	Turkey, Lettuce & Tomato on 7 Grain Roll	Pasta Bolognese	Ham & Cheese	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>
Friday 2/2	Veggie Pizza	Hero Bar Meatball, Chicken or Sausage	BBQ Chicken	<i>Manager's Choice of additional hot entrees, sandwiches, other prepared foods And assorted cold salads, wraps and sandwiches</i>

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