



O3 January O6 Choice of One: (1) Nathar's Hot Dog (2) Hot Ham & Cheese Croissant Choice of Pruit: Assorted Fresh Fruit: Assorted Fresh Fruit: Assorted Fresh Fruit: Choice of Fruit: Assorted Fresh Fruit: Assorted Fresh Fruit: Choice of Gree: Cid Milk  3		Th	e Sullivans Schoo	) <mark> </mark>	-
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	Steamed Broccoli	•	•		1 Acc

Menu subject to change based on availability.

This institution is an equal opportunity employer.



Mashed Potatoes
Choice of:
Ice Cold Milk

A La Carte Pricing Entrée: \$2.00 Fruit: \$0.50

Vegetable: \$0.50 Milk: \$1.00



Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.







### Yokosuka Middle School 04 03 January 05 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich (2) Fish Filet Sandwich Choice of Fruit: Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: **Choice of Vegetables:** Steamed Broccoli Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Mashed Potatoes Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: **Choice of One:** Choice of One: **Choice of One:** (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich No School Choice of Fruit: **Choice of Fruit: Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: **Choice of Vegetables:** Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes Green Peas** Cucumber & Tomato Salad Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Teacher PD Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes** Fresh Carrots Cucumber & Tomato Salad **Green Peas** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of:

Menu subject to change based on availability.

Ice Cold Milk

This institution is an equal opportunity employer.



A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.







A6100				
	Kin	nick High School		
03 January Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: Ice Cold Milk 10 Choice of One: (1)Teriyaki Chicken w/Fried Rice	04 Choice of One: (1) Nathan's Hot Dog (2) Chicken Tenders w/Corn Muffin Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk 11 Choice of One: (1) Soft Tacos (2) Spicy Chicken Sandwich	05 Choice of One: (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Garden Vegetable Blend Fresh Carrots Choice of: Ice Cold Milk 12 Choice of One: (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll	06 Choice of One: (1) Beef Burrito (2) Salad Bowl w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of: Ice Cold Milk  13 Choice of One: (1) Deli Sandwich or Wrap	O7 Choice of One: (1) Pizza (2) Fish Filet Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Roasted Potatoes Wedges Baked Beans Choice of: Ice Cold Milk  NO School
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24 Choice of One: (1)Teriyaki Chicken w/Fried Rice (2) BBQ Meatballs w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: Ice Cold Milk	25 Choice of One: (1) Soft Tacos (2) Spicy Chicken Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	26 Choice of One: (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Capri Vegetable Blend Fresh Carrots Choice of: Ice Cold Milk	27 Choice of One: (1) Deli Sandwich or Wrap  Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk	No School Teacher PD
31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: Ice Cold Milk	Нарр	y New	Year!	*

Menu subject to change based on availability.

This institution is an equal opportunity employer.



A La Carte Pricing Entrée: \$2.00

Fruit: \$0.50 Vegetable: \$0.50 Milk: \$1.00









### **Ikego Elementary School** 04 05 03 January 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Steamed Broccoli Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: **Choice of One:** Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Beef Burrito (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Pizza (2) Fish Filet Sandwich (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Teacher PD Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Capri Vegetable Blend Steamed Broccoli Side Salad Corn **Mashed Potatoes** Fresh Carrots Cucumber & Tomato Salad **Green Peas** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of:

Menu subject to change based on availability.

This institution is an equal opportunity employer.



Ice Cold Milk

A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.







### Shirley Lanham Elementary School 05 03 January 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Steamed Broccoli Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Mashed Potatoes **Green Peas** Fresh Carrots Cucumber & Tomato Salad **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: **Choice of One:** Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Beef Burrito (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Pizza (2) Fish Filet Sandwich (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Teacher PD Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: Capri Vegetable Blend Steamed Broccoli Side Salad Corn **Mashed Potatoes** Fresh Carrots Cucumber & Tomato Salad **Green Peas** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of:

Menu subject to change based on availability.

This institution is an equal opportunity employer.



Ice Cold Milk

A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.







### **Jack Darby Elementary School** 04 05 03 January 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: **Choice of Vegetables:** Steamed Broccoli Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Mashed Potatoes **Green Peas** Fresh Carrots Cucumber & Tomato Salad **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School Choice of Fruit: Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables:** Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Steamed Broccoli Side Salad Capri Vegetable Blend Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Beef Burrito (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Pizza (2) Fish Filet Sandwich (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich No School Choice of Fruit: **Choice of Fruit:** Choice of Fruit: **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad Green Peas Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit: Choice of Fruit: Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Teacher PD Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: Capri Vegetable Blend Steamed Broccoli Side Salad Corn **Mashed Potatoes** Fresh Carrots Cucumber & Tomato Salad **Green Peas** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of:

Menu subject to change based on availability.

This institution is an equal opportunity employer.



Ice Cold Milk

A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



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Visit https://family.titank12.com to create a new account.





### Sasebo Elementary School 04 05 03 January 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Steamed Broccoli Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: **Choice of One:** Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Pizza (1) Beef Burrito (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (2) Fish Filet Sandwich (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich No School **Choice of Fruit:** Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: **Choice of Vegetables:** Choice of Vegetables: **Choice of Vegetables:** Side Salad Garden Vegetable Blend Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School **Choice of Fruit:** Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Teacher PD Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Capri Vegetable Blend Side Salad Corn **Mashed Potatoes** Fresh Carrots Cucumber & Tomato Salad **Green Peas** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! **Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of: Ice Cold Milk

Menu subject to change based on availability.

This institution is an equal opportunity employer.



A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50

Vegetable: \$0.50 Milk: \$1.00



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### E.J. King Secondary School 04 05 03 January 06 07 Choice of One: (1) Tangerine Chicken (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza w/Fried Rice (2) Chicken Tenders w/Garlic Roll (2) Salad Bowl w/Roll (2) Fish Filet Sandwich (2) Hot Ham & Cheese Croissant w/Corn Muffin (2) Grilled Chicken Sandwich Choice of Fruit: Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: **Roasted Potato Wedges** Steamed Broccoli Side Salad Garden Vegetable Blend Choice of: **Baked Beans Mashed Potatoes Green Peas** Fresh Carrots Ice Cold Milk Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: Choice of One: Choice of One: (1)Terivaki Chicken (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Deli Sandwich or Wrap w/Fried Rice (2) Spicy Chicken Sandwich (2) Lasagna w/Garlic Roll No School (2) BBQ Meatballs w/Roll **Choice of Fruit: Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit TW Day Assorted Fresh Fruit Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: **Choice of Vegetables:** Side Salad Capri Vegetable Blend Corn Cucumber & Tomato Salad Steamed Broccoli Green Peas Fresh Carrots Mashed Potatoes Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 18 19 20 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Chicken Tenders w/Garlic Roll (2) Salad Bowl w/Roll (2) Fish Filet Sandwich No School (2) Grilled Chicken Sandwich w/Corn Muffin Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Choice of Fruit: Assorted Fresh Fruit **MLK Day** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Roasted Potato Wedges** Side Salad Garden Vegetable Blend Choice of: **Baked Beans** Ice Cold Milk **Green Peas** Fresh Carrots Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken (1) Deli Sandwich or Wrap (1) Soft Tacos (1) Chicken Adobo w/Rice w/Fried Rice (2) Spicy Chicken Sandwich (2) Lasagna w/Garlic Roll (2) BBQ Meatballs w/Roll **Choice of Fruit: Choice of Fruit:** Choice of Fruit: No School Choice of Fruit: Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Choice of Vegetables: Assorted Fresh Fruit Choice of Vegetables: Choice of Vegetables: Teacher PD Choice of Vegetables: Side Salad Capri Vegetable Blend Corn Cucumber & Tomato Salad Steamed Broccoli **Green Peas** Fresh Carrots Choice of: **Mashed Potatoes** Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant Happy New Year! Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Steamed Broccoli **Mashed Potatoes** Choice of:

Menu subject to change based on availability.

This institution is an equal opportunity employer.



Ice Cold Milk

A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50 Milk: \$1.00









Sure Start Lunch Menu						
03 January	04	05	06	07		
Tangerine Chicken w/Fried Rice	Chicken Tenders	Pasta w/ Meat Sauce	Beef Burrito	Pizza		
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Garden Vegetable Blend Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk		
10	11	12	13	14		
BBQ Meatballs w/ Roll	Grilled Cheese	Lasagna w/Garlic Roll	Breakfast for Lunch	No School		
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Capri Vegetable Blend Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	TW Day		
17	18	19	20	21		
No School	Soft Tacos	Chicken Adobo w/Rice	Chicken Sandwich	Cheese Sticks		
MLK Day	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Garden Vegetable Blend Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk		
24	25	26	27	28		
Hot Ham & Cheese Croissant	Grilled Cheese	Lasagna w/Garlic Roll	Breakfast for Lunch	No School		
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Capri Vegetable Blend Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Teacher PD		
31		•		>===		
Tangerine Chicken w/Fried Rice  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Hap	py Nev	v Year	*		

Menu subject to change based on availability.

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A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



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