


# East Aurora UFSD HIGH SCHOOL Lunch Menu

January  
2019

Lunch Prices:  
9-12: \$1.90  
Reduced Price: \$.25



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>VEGETABLE OF THE MONTH IS: WHITE POTATOES</b> No Fat, sodium OR cholesterol. Good source of Vitamin B6 <b>Try them on the 14th!</b></p>	<p>NEW YEAR'S DAY NO SCHOOL </p>	<p>Chicken Nuggets W/Dinner Roll ----- Green Beans Carrots <math>\frac{3}{4}</math> cup</p>	<p>French Toast Sticks W/Syrup &amp; Sausage ----- Hashbrown Broccoli</p>	<p>Grilled Cheese Sandwich W/Tomato Soup ----- Baked Beans Corn</p>
<p>Cheeseburger On A Bun W/Pasta Salad ----- Baked Beans Pickles</p>	<p>Nacho Grande W/Tostito Chips Seasoned Rice ----- Corn Salsa <math>\frac{1}{4}</math> cup</p>	<p>Sicilian Pizza ----- Mixed Vegetables 1 Cup Romaine = <math>\frac{1}{2}</math> Cup</p>	<p>Chicken &amp; Cheese Wrap ----- Green Beans Cauliflower</p>	<p>BOSCO Sticks W/Pizza Dipping Sauce ----- Carrots <math>\frac{3}{4}</math> cup Peas</p>
<p>Chicken Patty On A Bun ----- <b>White Potatoes</b> Baked Beans</p>	<p>Soft Shell Tacos Lettuce, tomato, &amp; Cheese cup Seasoned Rice ----- Corn Salsa <math>\frac{1}{4}</math> cup</p>	<p><b>TRY SOMETHING NEW</b> BBQ Chicken Flatbread ----- Green Beans Cauliflower</p>	<p>Spaghetti &amp; Meatballs W/Warm Dinner Roll OR Ham &amp; Cheese Sub ----- 1 Cup Romaine = <math>\frac{1}{2}</math> Cup Peas</p>	<p>Grilled Cheese Sandwich W/Tomato Soup ----- Carrots <math>\frac{3}{4}</math> cup Broccoli</p>
<p>DR. MARTIN LUTHER KING JR. DAY  NO SCHOOL</p>	<p><b>REGENT'S WEEK</b> Breakfast/Lunch will be available</p>			
<p>Bacon Cheeseburger On A Bun W/Macaroni Salad ----- Tater Tots Carrots <math>\frac{3}{4}</math> cup</p>	<p>Nacho Grande W/Tostito Chips Seasoned Rice ----- Bean salad Salsa <math>\frac{1}{4}</math> cup</p>	<p>Chicken &amp; Gravy Over Rotini ----- Green Beans Corn</p>	<p>Meatball Sub ----- Broccoli Cauliflower</p>	

BREAKFAST IS AVAILABLE IN EACH BUILDING EVERY DAY!  
**\$1.00**  
Start You Day Off Right With Breakfast!

*Offered daily*  
**With all School Lunches:**  
Fresh Fruit (served by the piece = 1/2 cup)  
Prepared Fruit (served by the  $\frac{1}{2}$  cup portion)  
Vegetables (served by the  $\frac{3}{4}$  c portion unless otherwise noted)  
Must take  $\frac{1}{2}$  cup Fruit or Veggie (May take 1 cup)  
  
Non or Low Fat White or Non Fat Chocolate Milk available daily

**In addition to the Entrée:**  
  
PBJ (2M & 2G)  
Julienne Salad w/dinner rolls  
Yogurt Parfait

Start with a:

- Vegetable
- Fruit (or take both)
- Choose whole grains
- Pick a lean protein
- Add serving of milk

*Take at least 3*