


**JANUARY 2019
PGHS LUNCH MENU
GR 9-12**



GRADES K-8 Student Lunch:
\$3.50 / Adult \$4.50
Reduced price lunch: \$0.40

Mon	Tue	Wed	Thu	Fri
WINTER BREAK	1	2	3	4
7 CORN DOG / WG GRAHAMS COWBOY BEANS FRESH BABY CARROTS STRING CHEESE FRUIT / MILK	8 CHICKEN SANDWICH ON WG BUN WG CHIPS / STRING CHEESE CHOPPED ROMAINE STEAMED GREEN BEANS FRUIT / MILK	9 TURKEY SAUSAGE WRAP STRING CHEESE POTATO TRIANGLE / SALAD WG GRAHAMS / GO BIG YOG FRUIT / MILK	10 BRONCO CHILE W/ CHEESE WG MUFFIN / WG CRACKERS MIXED GREEN SALAD GOLD RUSH JUICE 100% FRUIT / MILK	11 PIZZA BAGEL MIXED GREEN SALAD FRESH BABY CARROTS POWERSNACKS / WG CHIPS FRUIT / MILK
14 ITALIAN DUNKERS W/ DIP YOGURT / WG GRAHAMS BROCCOLI SALAD FRESH BABY CARROTS FRUIT / MILK	15 ASIAN CHICKEN & BROWN RICE VEGGIE CUP / CRAISINS MIXED GREEN SALAD WG CRACKERS FRUIT / MILK	16 BBQ BURGER ON WG BUN SHREDDED LETTUCE POTATO WEDGES RAISINS / WG CHIPS 100% FRUIT JUICE MILK	17 WG PASTA W/ ALFREDO CHICKEN & BROCCOLI CUCUMBER CUP WG GRAHAMS FRUIT / MILK	18 QUESADILLA / YOGURT REFRIED BEANS MIXED GREEN SALAD SUN SEEDS FRUIT / MILK
	22 TERIYAKI BEEF DUNKERS & RICE MIXED GREEN SALAD VEGGIE CUP WG CRACKERS FRUIT / MILK	23 MINI MAPLE PANCAKES YOGURT / PEA SALAD 100 % GOLD RUSH JUICE WG CRACKERS FRUIT / MILK	24 WHITE BEAN CHILE WG MUFFIN / WG CRACKERS CUCUMBER CUP MINI SWEET PEPPERS FRUIT / MILK	25 CORN DOG / YOGURT COWBOY BEANS FRESH BABY CARROTS STRING CHEESE FRUIT / MILK
28 WG BEAN & CHZ BURRITO SPANISH RICE /STRING CHZ MIXED GREEN SALAD CARROT & CELERY STIX FRUIT / MILK	29 CHICKEN STRIPS / GO BIGYOGRT STEAMED CORN VEGGIE CUP WG CHIPS FRUIT / MILK	30 GRILLED CHEESE ON WW COWBOY BEANS 100% GOLD RUSH JUICE DRIED FRT / WG CRACKERS FRUIT / MILK	31 DEL REAL TAMALES SCOOPS MIXED GREEN SALAD BABY CARROTS FRUIT / MILK	

MENU SUBJECT TO CHANGE WG=WHOLE GRAIN

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This institution is an equal opportunity provider