



JANUARY | 2019

Houston County High School ~ Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 NO SCHOOL	1 NO SCHOOL 	2 NO SCHOOL Staff Development Day	3 Pizza Choice or Baked Ham Cheesy Potatoes Green Beans Biscuit Fresh Apple	4 Salad w/Meat Choice or Chicken Tenders Baked Potato Broccoli w/ Cheese Buttery Carrots Sister Schubert Roll Peaches
7 Buffalo Chicken Pizza, Pizza Choice or Cheeseburger – Bun French Fries Lettuce/Tomato/Pickle Corn Diced Pineapples	8 Baked Potato Bar w/ Meat Choice OR Chili with Beans Crackers Grilled Hot Dog Tater Tots Pears	9 Pizza Choice or Salisbury Steak-Gravy Mashed Potatoes Green Peas Buttery Carrots Ma's Roll Fresh Orange	10 Pizza Choice or Spaghetti w/Meat Sauce Fresh Garden Salad Ranch or Italian Dressing Green Beans Garlic Cheese Toast Banana	11 Salad w/Meat Choice or Chicken Nuggets Baked Potato Broccoli w/ Cheese Carrot Sticks w/ Ranch Dip Sister Shubert Roll Berry Fruit Cup
14 Pizza Choice or Spicy Chicken Filet or Chicken Breast Filet-Bun Tater Tots Fresh Salad Ranch or Italian Dressing Fresh Apple	15 Pizza Choice or BBQ Riblet Mashed Potatoes Turnip Greens Buttery Carrots Ma's Roll Diced Pears	16 Pizza Choice or Chicken Taco Tortilla Shell Cheese Cup Lettuce & Tomato Cup Black Beans, Salsa Applesauce	17 Pizza Choice or Chinese Chicken or Popcorn Chicken Florentine Blend w/ Cheese Breadstick Mandarin Oranges	18 Salad w/Meat Choice or Turkey Club w/ Cheese Sub Bun, Baked Chips Lettuce & Tomato Pickle Spear Veggie Cup w/ Ranch Grapes
21 NO SCHOOL Martin Luther King, Jr. Day	22 Pizza Choice or Breaded Chicken Leg Mashed Potatoes Gravy Pinto Beans Sister Shubert Roll Fresh Orange	23 Pizza Choice or Barbecue - Bun Baked Beans Cole Slaw Pepper Fries Strawberries	24 Pizza Choice or Baked Ham Cheesy Potatoes Green Beans Biscuit Fresh Apple	25 Salad w/Meat Choice or Chicken Tenders Baked Potato Broccoli w/ Cheese Buttery Carrots Sister Schubert Roll Peaches
28 Buffalo Chicken Pizza, Pizza Choice or Cheeseburger – Bun French Fries Lettuce/Tomato/Pickle Corn Diced Pineapples	29 Baked Potato Bar w/ Meat Choice OR Chili with Beans Crackers Grilled Hot Dog Tater Tots Pears	30 Pizza Choice or Salisbury Steak-Gravy Mashed Potatoes Green Peas Buttery Carrots Ma's Roll Fresh Orange	31 Pizza Choice or Spaghetti w/Meat Sauce Fresh Garden Salad Ranch or Italian Dressing Green Beans Garlic Cheese Toast Banana	1 <u>FEBRUARY 1st</u> Salad w/Meat Choice or Chicken Nuggets Baked Potato Broccoli w/ Cheese Carrot Sticks w/ Ranch Dip Sister Shubert Roll Berry Fruit Cup

News



Reminder:

Breakfast is FREE for all Houston County Students! Start your morning out right with a good, nutritious breakfast!

Fresh Salad w/ Meat Choice offered on Friday's.

Baked Potato Bar offered on Jan. 8th & 29th.

All meals come with a choice between low-fat or non-fat unflavored milk or low-fat flavored milk



Houston County Child Nutrition
Eat Right - Future Bright