

# JANUARY 2019

## CMHS Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1  
Happy New Year!

No School

2  
Christmas  
Break

No School

3  
Mandarin Orange  
Chicken w/ Fluffy Rice  
& Fortune Cookie  
Or Pizza Slice  
Steamed Broccoli  
Chocolate Chip Cookie  
Fruit Choice  
Cold Milk

4  
Toasted Ravioli  
w/ Meat Sauce  
or Mini Corn Dogs  
Seasoned Green  
Beans  
Fruit Choice  
Cold Milk

7  
Pizza Hut Pizza  
Sweet Potato Fries  
Fruit Choice  
Cold Milk

8  
**Taco Tuesday**  
Doritos Walking Taco  
Or BBQ Rib Sandwich  
Cheesy Beans  
Fruit Choice  
Cold Milk

9  
Spaghetti w/ Meat  
Sauce & Garlic  
Breadstick  
Or Buffalo Chicken Pizza  
Mixed Veggies  
Fruit Choice  
Cold Milk

10  
Popcorn Chicken  
Warm Biscuit  
Mashed Potatoes &  
Gravy  
Seasoned Green  
Fruit Choice  
Cold Milk

11  
Buffalo Chicken Dip  
w/ Tortilla Chips  
or Pepperoni French Bread  
Sweet Corn  
Pudding  
Fruit Choice  
Cold Milk

14  
Pizza Hut Pizza  
Potato Sidewinders  
Fruit Choice  
Cold Milk

15  
Chicken Fajitas  
w/ Grilled Peppers & Onions,  
Spanish Rice and Apple  
Churro  
or Personal Cheese Pizza  
Fiesta Beans  
Fruit Choice  
Cold Milk

16  
**Breakfast 4 Lunch**  
French Toast Sticks  
w/ Egg Casserole  
or Chicken Quesadilla  
Potato Tots  
Fruit Choice  
Cold Milk

17  
Chili w/ Frito's  
Or Cheesy French  
Bread  
Sweet Corn  
M&M Cookie  
Fruit Choice  
Cold Milk

18  
Build Your Own Hot  
Dog w/ Toppings  
Mac N Cheese  
Or Mini Tacos  
Cheesy Broccoli  
Fruit Choice  
Cold Milk

21  
Martin Luther King  
Jr Day

No School

22  
Japanese Cherry  
Chicken w/ Fluffy Rice  
& Fortune Cookie  
Or Pizza Slice  
Savory Carrots  
Snickerdoodle Cookie  
Fruit Choice  
Cold Milk

23  
Chicken & Waffles  
Or Pizza Cheese  
Crunchers  
Potato Tots  
Fruit Choice  
Cold Milk

24  
Super Nachos  
Cheesy Beans  
Fruit Choice  
Cold Milk

25  
Chicken Parmesan  
w/ Garlic Noodles  
Or Mini Corn Dogs  
**Roasted Zucchini**  
Sugar Cookie  
Fruit Choice  
Cold Milk

28  
Pizza Hut Pizza  
Potato Sidewinders  
Fruit Choice  
Cold Milk

29  
Chicken Strips  
w/ Warm Biscuit  
Mashed Potatoes &  
Gravy  
Fruit Choice  
Cold Milk

30  
Pulled Pork BBQ  
Sandwich  
w/ Mac N Chese  
or Pepperoni French  
Bread  
Cole Slaw  
Fruit Choice  
Cold Milk

31  
**New Entree**  
Burrito Bowl  
Or Buffalo Chicken  
Pizza  
Black Beans  
Fruit Choice  
Cold Milk

DID YOU KNOW...  
January's gem is  
garnet which  
represents  
constancy.

**Daily Choices:**  
Salad Bar  
Bosco Sticks  
Chicken Sandwich  
Spicy Chicken Sandwich  
Cheeseburger  
Deli Sandwich  
Boxed Lunches

**Side Salad & Fresh  
Veggies offered daily**

**Vegetable of the Month:  
Zucchini**  
Try Roasted Zucchini on  
Jan 25<sup>th</sup>!

**Students must choose a  
fruit or vegetable for a  
complete meal.**

**Menu is subject to  
change.**

**We are peanut butter  
free school district**

MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com