

# January 2017

## Auburn High School Menu

### MONDAY

2

NO SCHOOL

#### Breakfast Pizza 9

BBQ Chicken Wings  
Corn Dog  
Macaroni and Cheese  
Carrot Sticks  
Baked Beans  
Orange Slices  
Applesauce

16

NO SCHOOL

#### Breakfast Pizza 23

Chicken Nuggets  
Meatball Sub Sandwich  
Marinated Vegetable Salad  
Peas  
Orange Slices  
Mixed Fruit

30

#### Breakfast Wrap

Cheesy Bread  
Hamburger  
Tomato Bisque Soup  
Carrot Sticks  
Tator Tots  
Orange Slices  
Pears

### TUESDAY

3

NO SCHOOL

#### Tornado 10

Bosco Sticks  
Thai Chicken  
Wild Rice  
Peppers/Tomatoes  
Tomato Bisque Soup  
Apple Slices  
Pears

17

#### Tornado

Pork Tenderloin Sandwich  
Chicken/Noodles/Breadstick  
Red Pepper Strips  
Green Beans  
Orange Slices  
Pears

24

#### Tornado

Bosco Sticks  
Thai Chicken  
Wild Rice  
Red Bean Salad  
Corn  
Apple Slices  
Pineapple

31

#### Tornado

Meatloaf  
Beef and Noodles  
Celery Sticks  
Mashed Potatoes  
Apple Slices  
Mandarin Oranges  
Oatmeal Krispie Cookie

### WEDNESDAY

4

French Toast Sticks  
Cheesy Bread  
Chicken Strips/Biscuit  
Carrots  
Mashed Potatoes  
Pears  
Mixed Fruit

11

#### Pancakes

Lasagna/Roll  
Chicken Sandwich  
Carrot/Celery Sticks  
Corn  
Banana  
Peaches

18

#### French Toast Sticks

Nachos Grandes  
BBQ Pork Sandwich  
Mexican Bean Dip  
Corn  
Kiwi  
Applesauce  
Sugar Cookie

25

#### Pancakes

Tator Tot Casserole  
Fiesta Chicken Wrap  
Carrot Sticks  
Mixed Vegetables  
Banana  
Pears

### THURSDAY

5

Tornado  
Thai Chicken  
Hamburger  
Wild Rice  
Red Bean Salad  
Potato Soup  
Apple Slices  
Mandarin Oranges

12

#### Egg Sandwich

Soft Taco  
Chicken Bacon Flatbread  
Broccoli Salad  
Peas  
Grapes  
Strawberries  
Apple Crisp

19

#### Muffin

Chili/Crackers  
Hot Ham and Cheese  
Celery Sticks  
Oven Brown Potatoes  
Pear  
Peaches

26

#### Egg Sandwich

Spaghetti/Breadstick  
Chicken Quesadilla  
Peppers/Tomatoes  
Vegetable Soup  
Kiwi  
Peaches  
Frosted Banana Bar

### FRIDAY

6

Breakfast Wrap  
Meatloaf  
Sliced Turkey  
Celery Sticks  
Mashed Potatoes  
Grapes  
Pineapple  
Chocolate Chip Cookie

13

#### Pancake on a Stick

Horseshoe  
Fish Sandwich  
Cole Slaw  
French Fries  
Pear  
Mixed Fruit

20

#### Breakfast Wrap

Chicken Pot Pie  
Hamburger  
Peppers/Tomatoes  
Potato Soup  
Grapes  
Mandarin Oranges

27

#### MANAGER'S CHOICE

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit, and juice. Nonfat milk (flavored or unflavored) or 1% milk (unflavored) is available daily at lunch.

Breakfast \$2.00  
Lunch \$3.00  
Extra Entrée \$1.40  
Small Salad \$0.75  
Large Salad \$1.40

Salad bar is available daily which includes romaine salad, spinach, broccoli, cauliflower, chickpeas, celery, cucumbers, shredded cheese, tomatoes, sunflower seeds, red onions, whole grain crackers, shredded carrots, and low fat salad dressings. Salad bar menu may vary on a daily basis

### Did you know...

Eating a well-balanced breakfast with many different nutrients can help give you a strong start to the school day. Not only can a good breakfast help you stay focused in school, but also lead to improved academic performance.

Happy  
New Year!  
2017