





Reynolds High School January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Daily Alternates Peanut Butter & Jelly Soy Butter & Jelly Submarine Sandwich Variety Pizza of Fat Free Milk Served Daily 	1/1/2019 	1/2/2019	1/3/2019 Nachos with Meat Corn & Salsa Choice of Fruit Choice of Vegetables Side Kicks Alternate Hamburger 	1/4/2019 BBQ Rib Sandwich Potato Smiles Choice of Fruit Choice of Vegetables Alternate Calzone	 <p>Fruit Choices May Include Applesauce Mandarin Oranges Peaches Pears Pineapple Apples Banana Grapes Oranges</p>	
1/7/2019 Chicken Tender Wrap Green Beans Choice of Fruit Choice of Vegetables Alternate Fish	1/8/2019 Pulled Pork Sandwich Oven Fries Choice of Fruit Choice of Vegetables Alternate Chicken Patty Sandwich	1/9/2019 General TSO Chicken Rice Calif. Blend Choice of Fruit Choice of Vegetables Alternate Popcorn Chicken	1/10/2019 Soft Taco & Churro Corn Choice of Fruit Choice of Vegetables Alternate Hamburger	1/11/2019 Chicken Nuggets Baked Potato Mini Pretzel Choice of Fruit Choice of Vegetables Alternate Hamburger		
1/14/2019 Steak Sandwich Peppers & Onions Choice of Fruit Choice of Vegetables Alternate Hot Sausage	1/15/2019 Mashed Potato Bowl Corn Choice of Fruit Choice of Vegetables Roll Alternate Salisbury Steak	1/16/2019 Hot Ham & Cheese on a Pretzel Bun Choice of Fruit Choice of Vegetables Alternate Chicken Sandwich	1/17/2019 French Toast & Sausage Potato Smiles Choice of Fruit Choice of Vegetables Alternate Pancakes & Sausage	1/18/2019 Chicken Parmesan Spaghetti Choice of Fruit Choice of Vegetables Alternate Ravioli		<p>Lunch Includes: Meat/Meat Alternative Bread Vegetable Fruit Milk</p>  <p>Must choose 3 of the above to qualify for the school meal price. One of the three choices <u>must be</u> a fruit or vegetable.</p>
1/21/2019 	1/22/2019 Nachos with Meat Corn & Salsa Choice of Fruit Choice of Vegetables Side Kicks Alternate Hamburger	1/23/2019 Pulled Pork Sandwich Oven Fries Choice of Fruit Choice of Vegetables Alternate Chicken Patty Sandwich	1/24/2019 Corn Dog Nuggets Steamed Broccoli Choice of Fruit Choice of Vegetables Alternate Chicken Nuggets	1/25/2019 Raider Pizza Garden Salad Choice of Fruit Choice of Vegetables Alternate Taco Pizza		
1/28/2019 Chicken Tender Wrap Green Beans Choice of Fruit Choice of Vegetables Alternate Fish	1/29/2019 General TSO Chicken Rice Calif. Blend Choice of Fruit Choice of Vegetables Alternate Popcorn Chicken	1/30/2019 Hot Ham & Cheese Tomato Soup Choice of Fruit Choice of Vegetables Alternate Toasted Cheese Sandwich	1/31/2019 Soft Taco & Churro Corn Choice of Fruit Choice of Vegetables Alternate Hamburger	2/1/2019 Chicken Patty Sandwich Oven Fries Choice of Fruit Choice of Vegetables Alternate Pulled Pork Sandwich		



Vegetables
 May Include
 Baby Carrots
 Broccoli
 Cauliflower
 Romaine Lettuce
 Cucumber
 Garbanzo Beans
 Green Peppers
 Refried Beans
 celery
 Spinach
 Tomatoes

The child nutrition program of Reynolds School District is open to all eligible persons regardless of race, color, sex, age or national origin. If you believe you have been treated unfairly in receiving food services for any of the stated reasons, write immediately to the Secretary of Agriculture, Washington, D.C.