



LaFAYETTE HIGH SCHOOL

January 9 - 13, 2017

Week 3



	Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Line 1	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pizza OR Ham & Cheese on WG Bun Mixed Vegetables Broccoli / Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Pizza OR Chef Salad w/ Ham & Cheese & Saltines Crackers & Croutons w/ Dressing Corn Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltines Crackers & Croutons OR Pizza Cole Slaw Baked Beans Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip Caesar Salad Peaches Fresh Fruit Milk Choice
Line 2	Chicken Fajita w/ Cheese Cup Salsa and Sour Cream Lettuce & Diced Tomatoes Refried Beans Steamed Carrots Toss Salad w/ Dressing Saltines Crackers/Croutons Applesauce Frozen Fruit Milk Choice	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Glazed Carrots Broccoli / Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Baked Beans Fries Toss Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Cheesy Bread Sticks w/ Marinara Sauce OR Chicken Noodle Soup & Saltine Crackers Carrots w/ Dip Refried Beans Caesar Salad Peaches Fresh Fruit Milk Choice
Line 3	Hot Ham & Cheese on WG Bun WG Chips Refried Beans Steamed Carrots Toss Salad w/ Dressing Applesauce Frozen Fruit Milk Choice	Pork Roast w/ Gravy OR Chicken Nuggets WG Roll Glazed Carrots Broccoli / Cheese Toss Salad w/ Dressing Strawberries Fresh Fruit Milk Choice	Spaghetti w/ Meat Sauce & WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Sloppy Joe on WG Bun Cole Slaw Baked Beans Fries Toss Salad w/ Dressing Blueberries Fresh Fruit Milk Choice	Cheeseburger on WG Bun WG Chips Lettuce & Tomato & Onion Baked Sweet Potato Fries Carrots w/ Dip Caesar Salad Peaches Fresh Fruit Milk Choice

**MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.**

Students must have a lunch from home or school to be eligible to purchase the following items:

Every day: 20 oz. Bottle Water for \$1.00, Zero Sweetened Tea for \$1.00, or Switch Juice Drink for \$1.25.

Thursdays : Frozen Fruit (4.4 oz. cup of 100% fruit juice) for \$.90 and WG Choc Chip Cookie (1.85 oz.) on **Fridays** for \$.75.

NO CHARGING will be allowed for these items or any extra food sales.

Students must follow the WC School Nutrition guidelines.

