






# LaFAYETTE HIGH SCHOOL

## JANUARY 21 - 25, 2019



### WEEK 2

	Monday 21 <sup>st</sup>	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
<b>Line 1</b>	 <b>HOLIDAY</b> No School	Pizza OR Burrito w/ Cheese Cup w/ Sour Cream Lettuce & Diced Tomatoes Salsa Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Cheesy Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Cornbread Strawberries Fresh Fruit Milk Choice Ice Cream	Deli Ham & Cheese on WG Bun w/ WG Chips & Lettuce & Tomato OR Pizza Baked Beans Corn Toss Salad w/ Dressing Spiced Apples Fresh Fruit Milk Choice	Cheeseburger on WG Bun OR Turkey & Cheese on WG Bun WG Chips Lettuce, Tomato & Onions Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
<b>Line 2</b>	 <b>What's on MyPlate?</b> Your plate must have at least ½ cup fruit or veggie on it.	Chicken Pot Pie WG Roll Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Chef Salad w/ Ham and Cheese Saltines Crackers & Croutons w/ Dressing OR Pizza Corn Green Beans Strawberries Fresh Fruit Milk Choice Ice Cream	Corndog OR Cheesy Bread Sticks w/ Beefy Marinara Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit Milk Choice	Chicken Noodle Soup w/ Cheesy Bread Sticks OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears Fresh Fruit Milk Choice
<b>Line 3</b>	 <b>HOLIDAY</b> No School	Ham & Cheese on WG Bun WG Chips Lettuce & Tomato Green Beans Carrots w/ Dip Caesar Salad Applesauce Frozen Fruit Milk Choice	Cheesy Mac & Cheese Pintos Beans OR Black-eyed Peas Okra Cole Slaw Sweet Potatoes Cornbread Strawberries Fresh Fruit Milk Choice Ice Cream	Corndog OR Cheesy Bread Sticks w/ Beefy Marinara Sauce Corn Cole Slaw Baked Beans Toss Salad w/ Dressing Spiced Apples Fresh Fruit Milk Choice	Cheeseburger on WG Bun OR Turkey & Cheese on WG Bun WG Chips Lettuce, Tomato & Onions Baked Sweet Potato Fries Veggie Dippers w/ Ranch Dressing Toss Salad w/ Dressing Pears 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**

**Fridays: WG Choc Chip Cookie (1.85 oz.) for \$.75.**

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

**Students must follow the WC School Nutrition guidelines**



**EVERY STUDENT'S TRAY MUST AT LEAST  
½ CUP FRUIT OR VEGGIE ON IT.**



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