



LAFAYETTE HIGH SCHOOL

January 28 – 31, 2019

Week 3



	Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 31 st	Friday 2-1
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 Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Baked Potato Bar w/ Chili & Cheese Cup, Sour Cream & Saltine Crackers & Croutons OR Pizza Cole Slaw Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Pizza OR Cheeseburger on WG Bun WG Chip Lettuce & Tomato & Onions Baked Sweet Potatoes Fries Baked Beans Carrots w/ Dip Pears 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	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup W/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream Carrots w/ Dip Pears 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	Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ 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 Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice	Hotdog on WG Bun w/ Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Cherry Tomatoes & Baby Carrots w/ Dip Toss Salad w/ Dressing Apricots Fresh Fruit Milk Choice	Taco Soup W/ Tortilla Chips & Cheesy Bread Sticks Cheese Cup & Sour Cream Carrots w/ Dip Pears Fresh Fruit Milk Choice

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

**EVERY STUDENT'S LUNCH TRAY MUST HAVE
1/2 CUP OF FRUIT OR VEGETABLE ON IT.**

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.



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