

Laconia High School January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
All meals served with choice of skim, 1% or fat-free flavored milk.	1	2	3	4
		Popcorn Chicken Salad or Thin 'n Trim Buffalo Chicken Sandwich		
		Chicken BLT Pretzel Roll Oven Fries Salad Bar Choice of Fruit	Spaghetti & Meatsauce Texas toast Salad bar Choice of fruit	Rodeo Burger Whole grain bun Sidewinder fries Chickpea salad Choice of fruit
7	8	9	10	11
Alternates: Buffalo Chicken Salad or Ham & Cheese Sandwich				
Spicy chicken Sandwich Whole grain bun Lettuce tomato Oven fries Choice of fruit	Fiery chicken wrap Lettuce, tomato Ranch dressing Baked chips Choice of fruit	Grilled cheese sandwich 4 oz. yogurt Tomato soup Goldfish crackers Choice of fruit	2 Turkey Corn dogs Baked beans Salad bar Oven fries Choice of fruit	Macaroni & cheese 4 oz. yogurt White whole grain breadstick California vegetables Choice of fruit
14	15	16	17	18
Alternates: Mandarin Chicken Salad or Turkey & Cheese Sandwich				
Chicken tenders Texas toast Scalloped potatoes Corn Choice of fruit	Beef Shepherd's pie Whole grain roll Salad bar Choice of fruit	Chicken & mashed Potato bowl Corn White whole grain roll Choice of fruit	French toast sticks Lite sausage links Hash brown patty Baked beans Fresh fruit bar	Hamburger or cheeseburger Lettuce, tomato Whole grain bun Spicy fries Choice of fruit
21	22	23	24	25
Alternates: Chef Salad or Mesquite Chicken on Bulkie Roll				
	Meatball sub Whole grain roll Onion rings Salad bar Choice of fruit	General Gau's chicken Brown rice Steamed broccoli Choice of fruit	Hot Dog Whole grain bun Cole slaw Baked beans Oven fries Choice of fruit	
28	29	30	31	
Alternates: Chicken Caesar Salad or Roast Beef and Swiss				
Soft shell beef taco boat Cheese, lettuce, Tomato, salsa Black bean & corn salad Brown rice Choice of fruit	Sloppy Joe Oven fries Salad bar Choice of fruit	Boneless chicken wing basket Oven fries Cole slaw Choice of fruit	Chicken sliders Whole grain bun Potato puffs Coleslaw Choice of fruit	USDA is an equal opportunity provider and employer.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Cheese or Chicken Quesadilla	Gill's School Baked Pizza	Top N Go Beef & Cheese Nacho Bag	Gill's School Baked Pizza	Chicken Burger or Fish Sandwich
Mozzarella Sticks w/ Sauce	Chicken Fries	Pizza Mini Bagels	Wild Mike's Pizza Bites	French Bread Pizza

Breakfast

Breakfast Offered Daily:
Choice of:
 Assorted Breakfast Sandwiches
 Make your own Waffle
 French Toast Sticks
 Bagel and Cream Cheese
 Homemade Muffin
 Choice of Cereal with Toast or English Muffin

All breakfasts include fruit or juice and choice of milk

All meals served with choice of skim, 1% or fat-free flavored milk.

Lunch: \$3.25,
 Reduced: \$.40.
 Breakfast: \$2.00, Reduced \$.30.
 Cold Lunch Milk: \$.50

Free after school suppers available to all students participating in PM activities sponsored by:

WHIRL • CLASS
 BLENDED DRINKS

REAL FRUIT | NO SUGAR ADDED | FRESHLY BLENDED | GLUTEN FREE