**DY HIGH SCHOOL JANUARY MENU**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| https://tse4.mm.bing.net/th?id=OIP.lEyYHZw1SgxE242wfCXTkAEsCv&pid=Api | **2****CHICKEN TENDERS** **OR****BUFFALO CHICKEN PATTY****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **3****WG PASTA, PLAIN, W/ MEATBALLS** **OR** **CHICKEN BROCCOLI PENNE****CAESAR SALAD** **WW GARLIC ROLL** | **4****PIZZA CRUNCHERS****OR****CHEESEBURGERS****OVEN FRIES****CARROTS****TOSSED SALAD** | **5****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT** |
| **8****ROASTED CHICKEN****OR****GRILLED CHEESE & TOMATO SOUP****HASH BROWN PATTIES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **9****GENERAL TSO’S CHICKEN****OR****NACHOS****RICE****GLAZED CARROTS****TOSSED SALAD** | **10****MAC & CHEESE****OR****STUFFED SHELLS****CAESAR SALAD** **WW GARLIC ROLL** | **11****FRENCH BREAD PIZZA****OR****CHEESEBURGERS****OVEN FRIES****CARROTS****TOSSED SALAD** | **12****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT** |
| **15****NO SCHOOL****MARTIN LUTHER KING JR DAY** | **16****CHICKEN PATTY****OR****TACO TRIANGLES****RICE****BROCCOLI****TOSSED SALAD** | **17****CHICKEN MARSALA****OR** **BAKED ZITI****CAESAR SALAD** **WW GARLIC ROLL** | **18****HAM & CHEESE CROISSANTS****OR****BACON CHEESEBURGERS****OVEN FRIES****CARROTS****TOSSED SALAD** | **19****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT** |
| **22****CHICKEN PATTY****OR****BUFFALO CHICKEN TENDERS****MASHED POTATOES****STEAMED CORN****WW ROLL** | **23****QUESADILLAS****OR** **CHICKEN PARM SUBS****RICE****BROCCOLI****TOSSED SALAD** | **24****PASTA W/ MEATBALLS****OR****CHICKEN ALFREDO****CAESAR SALAD** **WW GARLIC ROLL** | **25****PIZZA CRUNCHERS****OR****MEATLOAF****TATER TOTS****CARROTS****TOSSED SALAD** | **26****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT** |
| **29****CHICKEN TENDERS** **OR****BBQ RIB SANDWICH****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **30****TACO TRIANGLES****OR** **CHICKEN POT PIE** **RICE****BROCCOLI****TOSSED SALAD** | **31****MEXICAN LASAGNA****OR** **CHICKEN BROCCOLI PENNE****CAESAR SALAD** **WW GARLIC ROLL** |  | https://tse4.mm.bing.net/th?id=OIP.xRaUc0zK8boydz19rU6ScQEsEh&pid=Api |

AVAILABLE DAILY

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| **ASSORTED SANDWICHES**8+ VARIETIES OF SANDWICHES12 VARIETIES OF WRAPS**2 HOMEMADE SOUPS****PREPARED DAILY**  | **ASSORTED GRAB & GO** **GOURMET SALADS** CHEF, CHICKEN CAESAR, GREEK, COBB, TOSSED W/ TUNA , BUFFALO CHICKEN, SPINACH, BBQ CHICKEN, ANTIPASTO,GARDEN VEGETARIAN | LOW FAT YOGURT, FRUIT AND GRANOLA PARFAITSALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILK |
| KETCHUP, SALSA,FAT FREE SALAD DRESSINGS | FRESH FRUIT OFFERED WITH ALL MEALS DAILY | EXTRA SLICE OF PIZZA AVAILABLE ON FRIDAYS FOR $1.50WHOLE PIZZA AVAILABLE $12.00 |

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| ***BREAKFAST AND LUNCH ARE FREE*** ***FOR ALL STUDENTS***  | *A LA CARTE SNACKS FOR SALE**RANGE IN PRICE FROM $.75--$1.50* |
| BREAKFAST SERVED EVERY MORNING |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER