**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 SANDWICHES  12 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 PARFAITS  ALL 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 $1.50  WHOLE 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