**DYIMS JANUARY MENU**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| https://tse4.mm.bing.net/th?id=OIP.lEyYHZw1SgxE242wfCXTkAEsCv&pid=Api | **2****CHICKEN TENDER****OR****BUFFALO CHICKEN PATTY****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **3****WG PASTA, PLAIN** **OR****W/ MEATBALLS****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****DESSERT DAY** |
| **8****ROASTED CHICKEN****OR****GRILLED CHEESE & TOMATO SOUP****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **9****TACOS****OR** **QUESADILLAS****RICE****STEAMED BROCCOLI****TOSSED SALAD** | **10****MAC & CHEESE****OR****STUFFED SHELLS****CAESAR SALAD** **WW GARLIC ROLL** | **11****CHEESEBURGERS****OR** **HOT DOGS****OVEN FRIES****CARROTS****TOSSED SALAD** |  **12****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT****DESSERT DAY** |
| **15****NO SCHOOL****MARTIN LUTHER KING JR DAY** | **16****TACO TRIANGLES****OR** **FRENCH BREAD PIZZA****RICE****STEAMED BROCCOLI****TOSSED SALAD** | **17****WG PASTA, PLAIN** **OR** **BAKED ZITI****CAESAR SALAD** **WW GARLIC ROLL** | **18****FRIED CHICKEN****OR** **CHICKEN PATTY****HASH BROWN PATTIES****CARROTS****TOSSED SALAD** | **19****SAL’S PIZZA****CHEESE PIZZA****SPINACH SALAD****CHICK PEA SALAD****BAKED CHIPS****FRESH FRUIT****DESSERT DAY** |
| **22****POPCORN CHICKEN** **OR****BUFFALO CHICKEN PATTY****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **23****GENERAL TSO’S CHICKEN****OR** **MOZZARELLA STICKS****RICE****BROCCOLI****TOSSED SALAD** | **24****WG PASTA, PLAIN** **OR****AMERICAN CHOP SUEY****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****DESSERT DAY** |
| **29****BBQ RIB SANDWICH****OR****CHICKEN TENDERS****MASHED POTATOES****STEAMED CORN****WW ROLL****TOSSED SALAD** | **30****TACOS****OR** **CHICKEN PATTIES****RICE****STEAMED BROCCOLI****TOSSED SALAD** | **31****WG PASTA, PLAIN** **W/ MEATBALLS****OR** **LASAGNA****CAESAR SALAD** **WW GARLIC ROLL** |  | https://tse4.mm.bing.net/th?id=OIP.xRaUc0zK8boydz19rU6ScQEsEh&pid=Api |

AVAILABLE DAILY

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| **ASSORTED SANDWICHES**SEVERAL VARIETIES OF SANDWICHES AND WRAPS INCLUDING…HAM, TURKEY, SALAMI, ITALIAN, SUNBUTTER & JELLY, SUNBUTTER & FLUFF  | **ASSORTED** **GRAB & GO SALADS** CHEF, CHICKEN CAESAR, GREEK, TOSSED W/ TUNA, GARDEN VEGETARIAN | LOW FAT YOGURT, FRUIT AND GRANOLA PARFAITSALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKKETCHUP, SALSA,FAT FREE SALAD DRESSINGS |
| FRESH SALAD BARA wide variety of FRESH VEGGIES, FRUIT and Protein options!This is served as a Full Lunch | FRESH FRUIT OFFERED WITH ALL MEALS DAILY | EXTRA SLICE OF PIZZA AVAILABLE ON FRIDAYS FOR $1.50 |

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| ***BREAKFAST AND LUNCH ARE FREE*** ***TO ALL STUDENTS***  | ***BREAKFAST AND LUNCH ARE FREE*** ***TO ALL STUDENTS***  |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER