**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 PARFAITS  ALL LUNCHES SERVED WITH 8oz  1% OR SKIM MILK  KETCHUP, SALSA,  FAT FREE SALAD DRESSINGS |
| FRESH SALAD BAR  A 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