



Daily Choices Include
1% White Milk or Non-Fat Milk
Pizza, Yogurt Meal



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

Winter Break

CHICKEN SANDWICH

8

Sandwich de Pollo
 Sweet Potato Fries
 Celery Sticks
 Fruit

SPAGHETTI w/Meat Sauce

9

Espaguetti con Carne
 Bread Stick
 Garden Salad
 Baby Carrots
 Fruit

CHEESY NACHOS

10

Nachos con Queso
 Tortilla Chips
 Refried Beans
 Zesty Jicama
 Fruit

HAM & CHEESE on CIABATTA

11

Sandwich de Jamón con Queso
 Three Bean Salad
 Zucchini Sticks
 Sun Chips
 Fruit

FISH 'N' CHIPS

12

Pescado con Papitas
 Baked Fries
 Cabbage Coleslaw
 Fruit

Martin Luther King Day
Observed

15

BEEF TACO NACHOS

16

Nachos de Carne
 Pinto Beans
 Fresh Salsa
 Fruit

BRUNCH FOR LUNCH

17

Desayuno Para Almuerzo
 Pork Sausage Sandwich
 Hash Brown
 Celery Sticks, Fruit and Juice

BEAN & CHEESE BURRITO

18

Burrito de frijoles con queso
 Garden Salad
 Fresh Salsa
 Fruit

BUSD GRINDER

19

Sandwich Grinder
 Lettuce & Tomato
 Zesty Jicama
 Sun Chips

CORN DOGS

22

Baked Beans
 Baby Carrots
 Fruit

BEEF SOFT TACO

23

Taco Suave de Res
 Refried Beans
 Fresh Salsa
 Fruit

ROASTED CHICKEN

24

Pollo Rostizado
 Bread Roll
 Mashed Potatoes
 Spinach Salad, Fruit

CHILE VERDE TAMALES

25

Tamales con Chile Verde
 Spanish Rice
 Corn Salad
 Zesty Jicama, Fruit

Non Student Day

26

CHICKEN FAJITA NACHOS

29

Tortilla Chips
 Salsa
 Baby Carrots
 Fruit

CHICKEN NUGGETS

30

Trocitos de Pollo
 Steamed Carrots
 Celery Sticks
 Fruit

TURKEY AND GRAVY

31

Pavo con Gravy
 Bread Stick
 Mashed Potatoes
 Garden Salad, Fruit

