

# Troy High Lunch Menu



January 2019



# CREATIONS

## JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
7 <sup>th</sup> -11 <sup>th</sup>	Oven Roasted Chicken with Macaroni and Cheese and Broccoli	Steak Fajitas with Refried Beans	BBQ Pulled Pork Platter with Baked Beans and a Corn Biscuit	Meat or Vegetarian <b>V</b> Calzones with Steamed Broccoli	Baked Penne with Green Beans and a Dinner Roll <b>V</b>
14 <sup>th</sup> -18 <sup>th</sup>	General Tso's Chicken with Brown Rice and Oriental Vegetable Blend	Roasted Turkey with Mashed Potatoes, Gravy, and a Dinner Roll	Beefy Macaroni with Dinner Roll	Beef or Bean Tacos <b>V</b> with Refried Beans	Pulled Pork Mac & Cheese with Steamed Broccoli
21 <sup>st</sup> -25 <sup>th</sup>	MLK Day-No School	HS Exams – AM Only	HS Exams – AM Only	HS Exams – AM Only	No School
28 <sup>th</sup> – 1 <sup>st</sup>	Orange Chicken with Brown Rice served with Oriental Vegetables	Mac and Cheese with Dinner Roll and Broccoli <b>V</b>	Chicken Drumstick with Green Beans, Mashed Potatoes and a Biscuit	Chicken Fajitas with Refried Beans	French Toast <b>V</b> with Turkey Sausage and Hash Browns

Each meal meets USDA meal requirements for grades 6-8 with a minimum of 1 oz M/MA, 1 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat white milk. Items marked with a **V** are vegetarian. Many of our other daily specials have the option to be made **vegetarian**, just ask!



# GRILL

## JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>	Hamburger Cheeseburger Garden/Black Bean Burger <b>V</b> Crispy/Spicy Chicken Patty Chicken Nuggets/Tenders Bosco Sticks <b>V</b>
<b>7<sup>th</sup> -11<sup>th</sup></b>	<b>Philly Cheesesteak</b>	<b>Chicken Parm Sandwich</b>	<b>Bacon Cheeseburger</b>	<b>Pulled Pork Sandwich</b>	<b>Chicken Cordon Blue Sandwich</b>
<b>14<sup>th</sup>-18<sup>th</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>
<b>21<sup>st</sup> -25<sup>th</sup></b>	MLK Day-No School	HS Exams – AM Only	HS Exams – AM Only	HS Exams – AM Only	No School
<b>28<sup>th</sup> – 1<sup>st</sup></b>	<b>BBQ Bacon Cheeseburger</b>	<b>Chicken Philly Sandwich</b>	<b>Italian Meatball Sub</b>	<b>Hot Dog</b>	<b>Chicken Club</b>

Each meal meets USDA meal requirements for grades 9-12 with a minimum of 2 oz M/MA, 2 oz eq grain, 1 cup fruit, 1 cup vegetable and a variety of 8 fluid ounces milk. Milk options include 1% and nonfat. Items marked with a **V** are vegetarian.



# PIZZA

## JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>EVERYDAY OPTIONS:</b>	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza	Cheese Pizza <b>V</b> Pepperoni Pizza
<b>7<sup>th</sup> -11<sup>th</sup></b>	<b>BBQ Chicken Pizza</b>	<b>Meatlover's Calzone</b>	<b>Veggie Pizza <b>V</b></b>	<b>Sausage Pizza</b>	<b>Breakfast Pizza</b>
<b>14<sup>th</sup>-18<sup>th</sup></b>	<b>Buffalo Chicken Pizza</b>	<b>Sausage Pizza</b>	<b>Supreme Pizza</b>	<b>Sausage Calzone</b>	<b>Chicken Spinach Alfredo</b>
<b>21<sup>st</sup> -25<sup>th</sup></b>	MLK Day-No School	HS Exams – AM Only	HS Exams – AM Only	HS Exams – AM Only	No School
<b>28<sup>th</sup> – 1<sup>st</sup></b>	<b>Mac &amp; Cheese Pizza</b>	<b>Sausage Pizza</b>	<b>Buffalo Chicken Pizza</b>	<b>Meatball Calzone</b>	<b>Margherita Pizza</b>

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# JANUARY MENU

## DELI

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Protein</u></b>            Salami            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Buffalo Chicken            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Bacon            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Chicken Nuggets            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>	<p><b><u>Protein</u></b>            Pepperoni            Turkey            Ham            Roast Beef            Chicken/Tuna Salad            Hummus <b>V</b>            American Cheese <b>V</b>            White American/Swiss <b>V</b></p> <p><b><u>Bread</u></b> <b>V</b>            Whole Grain Sub            Whole Grain Tortilla            Whole Grain Bread            Whole Grain Flatbread</p> <p><b><u>Veggies</u></b> <b>V</b>            Lettuce            Spinach            Tomato            Onions            Black Olives            Green Peppers            Banana Peppers            Pickles</p> <p><b><u>Sauce</u></b> <b>V</b>            Mayo            Chipotle Mayo            Mustard            Italian/Ranch Dressing</p>

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# FAST TAKES

## JANUARY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7<sup>th</sup> -11<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>v</b>	American Wrap Ham and Cheese American Sub Chicken Caesar Salad Garden Salad <b>v</b>	Buffalo Chicken Wrap Turkey and Cheese Ham and Cheese Sub Crispy Chicken Salad Garden Salad <b>v</b>	Crispy Chicken Wrap Ham and Cheese American Sub Chef Salad Garden Salad <b>v</b>	Chicken Bacon Wrap Italian Sub Turkey and Cheese Fajita Chicken Salad Garden Salad <b>v</b>
<b>14<sup>th</sup> -18<sup>th</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>v</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>v</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>v</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>v</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>v</b>
<b>21<sup>st</sup> -25<sup>th</sup></b>	MLK Day-No School	HS Exams – AM Only	HS Exams – AM Only	HS Exams – AM Only	No School
<b>28<sup>th</sup> – 1<sup>st</sup></b>	Chicken Caesar Wrap Ham and Cheese Turkey and Cheese Chef Salad Garden Salad <b>v</b>	Buffalo Chicken Wrap American Style Sub Ham and Cheese Chicken Caesar Salad Garden Salad <b>v</b>	Turkey Bacon Club Wrap Turkey and Cheese Turkey Bacon Club Sub Buffalo Chicken Salad Garden Salad <b>v</b>	Italian Sub Italian Wrap Ham and Cheese Chef Salad Garden Salad <b>v</b>	Southwest Wrap Buffalo Chicken Sub Turkey and Cheese Taco Salad Garden Salad <b>v</b>

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