

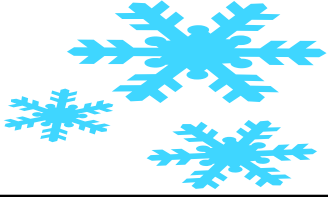

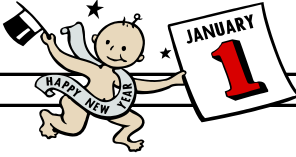

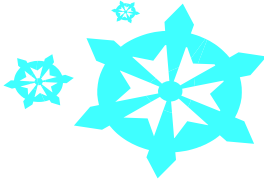






McFarland Unified School District

High School Nutrition Break

JANUARY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1	1/2	1/3
				
1/6	1/7	1/8	1/9	1/10
<h1>Winter Break No School</h1>				
1/13	1/14	1/15	1/16	1/17
	Cherry Danish, 100% Orange Juice	Pillsbury Maple Mini Pancakes, String Cheese Fresh Fruit	Whole Wheat Cinnamon Bun, Fresh Fruit	Banana Mini Loaf, Sunflower Seeds, 100% Apple Juice
1/20	1/21	1/22	1/23	1/24
 Dr. Martin Luther King Jr. Birthday!	Peanut Butter & Jelly Graham, Fresh Fruit	Skillet Frittata W/Turkey Sausage, 100% Apple Juice	Apple Cinnamon Mini Loaf, Sunflower Seeds, Fresh Fruit	Whole Wheat Honey Breakfast Bar, Fresh Fruit
1/27	1/28	1/29	1/30	1/31
Whole Wheat Cinnamon Bun, Fresh Fruit	Cinnamon Maple Stuffer, Fresh Fruit	Breakfast Burrito W/Egg, Cheese & Turkey Sausage, 100% Apple Juice	2-Mini Cinnamon Sweet Potato Buns, Fresh Fruit	Blueberry Muffin, 100% Orange Juice
"This institution is an equal opportunity provider"		<h2>Enjoy A Great Breakfast to Jump Start your Day!</h2>		 Choice of Milk Served Daily. "Menu is subject to change without notice"



McFarland Unified School District

HIGH SCHOOL LUNCH MENU

JANUARY 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1	1/2	1/3
				
1/6	1/8	1/9	1/10	1/10
				
1/13	1/14	1/15	1/16	1/17
	Salisbury Steak, Mashed Potatoes, Steamed Broccoli, Diced Peaches, Whole Wheat Roll	2-Cheese Quesadillas, Seasoned Mixed Vegetables, Salsa cup, Fresh Apple	Beef Taco, Refried Beans, Shredded Romaine Lettuce, Diced Tomatoes, Fresh Oranges	Pizza Delite Romaine & Spinach Salad w/Kidney Beans, Chilled Applesauce
1/20	1/21	1/22	1/23	1/24
 Dr. Martin Luther King Jr. Birthday!	Popcorn Chicken, Steamed Rice, Mixed Vegetables, Mandarin Oranges	Mini Cheeseburgers, Potato Wedges, Fresh Apple, Cherry Tomatoes	Mac & Cheese, Breaded Chicken Strips, Baby Carrots, Baked Beans, Chilled Apricots	Stuffed Crust Pizza, Romaine & Spinach Salad w/Garbanzo beans, Pineapple Tidbits
1/27	1/28	1/29	1/30	1/31
Bean & Cheese Burrito, Green Beans, Fresh Cucumbers & Cherry Tomatoes, Fresh Oranges	Grilled BBQ Chicken Patty on a Wheat Bun, Sliced Tomatoes, Baked Sweet Potato Fries, Fresh Apple	Chicken Fajitas & Soft Flour Tortilla, Seasoned Corn, Fresh Banana	Super Nachos W/Ground Beef, Baked Tortilla Chips, Pinto Beans, Chilled Peaches & Pears	Italian Dunkers w/Marinara Sauce, Romaine & Spinach Salad W/Corn & Black Beans, Chilled Applesauce
 "This institution is an equal opportunity provider"				
Enjoy A Healthy Balanced Lunch!				
				"Choice of Milk Served Daily" "Menu is subject to change without notice"