



Don't forget to eat your vegetables!

Sleepy Eye High School Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

January 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Choose **MyPlate.gov**

7

Pancakes
Strawberry Topping

WG Chips, Salsa & Cheese Cubes
Chicken Tender Basket

Hard Boiled Egg
Breakfast Potatoes

8

Crispy Chicken Tenders
Whole Grain Dinner Roll

Turkey Deli Sub Sandwich
Hot Ham & Cheese Sandwich Basket

Mashed Potatoes

9

Toasted Cheese Sandwich
Tomato Soup

Turkey Ranch Wrap
All American Burger Basket

10

French Bread Pizza

Turkey Cranberry Wrap
Mini Corn Dog Basket

Roasted Cauliflower

11

Cheeseburger on Bun

Yogurt Pak with Bagel
Green Beans

14

Cheesy Italian Flatbread

Turkey BLT Wrap
Bacon Cheeseburger Basket

Caesar Salad

15

Crispy Chicken Sandwich Basket

Egg Salad Sliders
Build Your Own Sub
Golden French Fries
Pickle Slice

16

Roast Turkey & Gravy

Pretzel w/ Cheese Cubes
Boneless Wing Basket

Mashed Potatoes
Whole Grain Dinner Roll

17

Beefy Nachos with Cheese

Turkey Deli Sandwich
Chili Cheese Dog Basket

Refried Beans

18

Meatloaf

Yogurt Pak with Pretzel Bites
Popcorn Chicken Basket
Garlic Breadstick
Chocolate Chip Cookie

21

22

Soft Beef Tacos

Ham Munchable
Mini Corn Dog Basket

Black Beans

23

BBQ Meatball Sub

Pizza Munchable
Pizza Dippers with Sauce

Garlic & Herb Broccoli
Mini Rice Krispie Treat

24

Chicken Nugget Basket

Turkey Deli Sub Sandwich
Beefy Nachos with Cheese
Golden French Fries
Whole Grain Dinner Roll
Pickle Slice

25

Roasted Hot Dog on a Bun

Honey Mustard Ham Wrap
Cheeseburger Basket

Seasoned Ranch Wedges

28

BBQ Rib Sandwich

WG Chips, Salsa & Cheese Cubes
Cheese Pizza
Kettle Potato Chips

Green Peas

29

Lasagna Rollup with Sauce
Garlic Toast

Ham Deli Sub Sandwich
Build Your Own Sub

Caesar Salad

30

Walking Taco
Lettuce, Tomato, Cheese

Chicken Salad Sliders
BBQ Meatball Sub Basket

Spicy Pinto Beans

31

Oven Roasted Chicken
French Bread

Turkey Cranberry Wrap
Chicken Patty Basket

Homemade Brownie

Prices

| | |
|--------------|--------|
| Regular | \$2.65 |
| Reduced | \$0.00 |
| Adult | \$4.00 |
| Extra Milk | \$0.45 |
| Extra Entree | \$2.00 |

HARVEST OF THE MONTH

ONIONS
GRAPEFRUIT
BASIL

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with lunch.
Entree Salads are served with Dinner Roll
For questions contact Abby Grove at :
taher@sleepyeye.mntm.org
or call 507-794-7903 ext. 1421

