

Jefferson, Heights, East, West January Menu

Mon	Tue	Wed	Thu	Fri
2	3 Ravioli w/ Meat Sauce w/ Whole Grain Bread Stick or Chicken Sandwich on a Whole Wheat Bun, Steamed Broccoli, Fresh Michigan Apple, & Choice of Skim Milk	4 Monte Cristo Sandwich or Chicken Sandwich on a Whole Wheat Bun, Cucumber Slices, Petite Banana, Chilled 100 % Orange Juice & Choice of Skim Milk	5 Low-Fat cheese Stuffed Bosco Sticks with Marinara Dipping Sauce or Chicken Sandwich on a Whole Wheat Bun, Romaine Tossed Salad, Fresh Pear, & Choice of Skim Milk	6 Pizza or Chicken Sandwich on a Whole Wheat Bun, Baked Beans, Tropical Fruit, & Choice of Skim Milk
9 Whole Wheat Penne Pasta with Meat Sauce & Garlic Toast or Turkey Hot Dog on a Whole Wheat Bun, Steamed Carrots, Fresh Michigan Apple, Choice of Skim Milk	10 Oven Roasted Sliced Turkey or Turkey Hot Dog on a Whole Wheat Bun, Sweet Potatoes, Chilled Peaches, & Choice of Skim Milk	11 Grilled Cheese Sandwich w/ Tomato Soup or Turkey Hot Dog on a Whole Wheat Bun, Fresh Cucumber Slices, Chilled Apple-sauce, & Choice of Skim Milk	12 Scrambled Eggs w/ Whole Grain Waffles or Turkey Hot Dog on a Whole Wheat Bun, Hash Browns, Orange Wedges, Choice of Skim Milk	13 Cheese Pizza on a Whole Grain Crust or Turkey Hot Dog on a Whole Wheat Bun, Romaine & Spinach Salad, Black Bean Salad, Fresh Melon, & Choice of Skim Milk
16 Macaroni & Cheese or Chicken Nuggets, Whole Grain Dinner Roll, Sugar Snap Pea Pods, Fresh Michigan Apple, & Choice of Skim Milk	17 Sloppy Joe On a Whole Grain Bun or Chicken Nuggets, Baked Beans, Cole, Slaw, Fresh Peach & Choice of Skim Milk	18 Chicken Pot Pie or Chicken Nuggets, Mixed Vegetables, Petite Banana, Choice of Skim Milk	19 Beef & Cheese Nachos w/ Whole Grain Tortilla Chips or Chicken Nuggets, Tossed Romaine Salad w/ Tomatoes, Fresh Orange Wedges &	20 No School
23 Saucy Italian Meatballs with Whole Grain Pasta or Cheeseburger on a Whole Grain Bun, Green Beans, Fresh Michigan Apple, & Choice of Skim Milk	24 Oven Roasted BBQ Chicken w/ Whole Grain Dinner Roll or Cheeseburger on a Whole Grain Bun, Oriental Blend Vegetables, Chilled Tropical Fruit, Choice of Skim Milk	25 Home-Made Sheppard's Pie w/ Garlic Toast or Cheeseburger on a Whole Grain Bun, Peas, Mandarin Oranges, & Choice of Skim Milk	26 Chicken & Bean Burrito or Cheeseburger on a Whole Grain Bun, Black Beans w/ Spanish Rice, Fresh peach, & Choice of Skim Milk	27 Cheese Pizza on a Whole Grain Crust or Cheeseburger on a Whole Grain Bun, Cauliflower, Fresh Melon, & Choice of Skim Milk
30 Lasagna Roll-ups with Meat Sauce w/ Whole Grain Bread Stick or Hot Ham & Cheese on a Whole Grain Bun, California Blend Vegetables, Fresh Michigan Apple & Choice of Skim Milk	31 Salisbury Steak or Hot Ham & Cheese on a Whole Grain Bun, Whole Wheat Dinner Roll, Mashed Potatoes & Gravy, Chilled Peaches, Choice of Skim Milk			

IN ADDITION TO THE MENU LISTED ABOVE, WE HAVE A FRESH FRUIT & VEGETABLE BAR & A HOLLAND FUN LUNCH (YOGURT, CHEESE, CRACKERS, CARROTS STICKS, FRUIT JUICE & CHOICE OF SKIM MILK) EVERYDAY AVIALBLE TO 6 & 7 GRADES DAILY (IN ADDITION TO ALL OTHER MENU OPTIONS) : SPICY CHICKEN SANDWICH ON WHOLE GRAIN BUN OR HAMBURGER ON A WHOLE WHEAT BUN.

2	3 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk	4 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	5 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	6 Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk
9 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk	10 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk	11 Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	12 Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	13 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
16 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk	17 Pancake Wrap 100 % Orange Juice Skim Milk	18 Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	19 Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	20 No School
23 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk	24 Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk	25 Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	26 Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	27 Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
30 Assorted Whole Grain Cereal or Whole Grain Cereal Bar Yogurt Fresh Fruit & Skim Milk	31 Pancake Wrap 100 % Orange Juice Skim Milk	Breakfast Price: \$1.60		



January Fun Facts:

- Coldest Month of the Year
- National Egg Month
- National Hot Tea Month
- National Meat Month
- National Oatmeal Month
- National Soup Month
- National Wheat Bread Month

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Popcorn Chicken Bowl, Whole Wheat Dinner Roll, Mashed Potatoes & Gravy, Steamed Carrots, and Baked Apple Slices Pepperoni & Cheese Calzone (made with whole grain crust) Turkey Hot Dog on a Whole Wheat Bun w/ Baked Beans Santé Fe Turkey Salad w/ Tortilla Strips	4 Oriental Beef & Broccoli, Stir Fried Peppers & Onions, Vegetable Lo-Mein, Mandarin Oranges Buffalo Chicken Pizza on a Whole Grain Crust Monte Cristo Sandwich w/ Warm Fruit Crisp Crispy Popcorn Chicken Salad W/ Home Made Bread Slice	5 Low Fat Cheese Stuffed Bosco Sticks with Dipping Sauce, Steamed Seasoned Cauliflower, Fresh Grapes Mozzarella Cheese Flatbread Sloppy Joe on a Whole Wheat Bun w/ Seasoned Cauliflower Chef Salad with Home Made Muffin	6 Soft Shell Taco Bowl: Chicken or Beef Soft Shell Taco, Refried Beans, Spanish Rice French Bread Pizza Breaded Fish Sandwich on a Whole Wheat Bun w/ Spanish Rice & refried Beans Chicken Caesar Salad with Whole Grain Bread Stick
9 Whole Wheat Penne Pasta w/ Meat Sauce, Whole Wheat Garlic Toast, Steamed Green Beans, Chilled Pineapple Ham, Pepperoni & Cheese Pizza Stromboli Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Baked Sweet Potato Fries Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons	10 Oven Roasted Sliced Turkey, Whole Grain Bread Stuffing, Gravy, Sweet Potatoes, Fresh Peach Pepperoni Pizza on a Whole Grain Crust Turkey Hot Dog on a Whole Wheat Bun w/ Baked Beans Riviera Salad	11 Sweet & Sour Popcorn Chicken, Stir Fried Oriental Vegetables, Rice, Mandarin Oranges Buffalo Chicken Pizza on a Whole Grain Crust Flat Bread Turkey BLT Sandwich w/ Stir Fry Vegetables Crispy Popcorn Chicken Salad W/ Home Made Bread Slice	12 Breakfast for Lunch: Scrambled Eggs, Whole Grain Waffles, Oven Roasted Potatoes, Fresh Strawberries, Oranges Wedges Pizza Bagel Tijuana Philly Cheese Steak Sandwich w/ Oven Roasted Potatoes Chef Salad with Home Made Muffin	13 Taco Salad Bowl: Edible tortilla Bowl, Seasoned Mexican Beef or Chicken, Pico de Gallo, Spanish Rice, Refried Beans, Black Beans Cheese Calzone (made with whole grain crust) Crunch Fish Sticks w/ Baked Sweet Potato Wedges Chicken Caesar Salad with Whole Grain Bread Stick
16 Macaroni & Cheese, Whole Wheat Dinner Roll, Sugar Snap Peas, Fresh Michigan Apple Ham, Pepperoni & Cheese Pizza Stromboli Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Baked Sweet Potato Fries	17 Ham Slice w/ Au Gratin Potatoes, Green Bean Casserole, Whole Grain Bread Stick, Fresh Michigan Apple Pepperoni Pizza on a Whole Grain Crust Chicken Nuggets w/ Green Beans Casserole	18 Home Made Chicken Pot Pie, Home Made Muffin, California Mixed Vegetables, Petite Banana Buffalo Chicken Pizza on a Whole Grain Crust Turkey Club Panini w/ California Mixed Vegetables	19 Low Fat Cheese Stuffed Bosco Sticks with Dipping Sauce, Cauliflower, Orange Wedges Mozzarella Cheese Flatbread Chicken BBQ Chip w/ Cauliflower Chef Salad with Home Made Muffin	20 Build your own Nacho Bowl: Beef Taco Meat, Crunchy Corn Tortilla Shells (made with whole grain), Refried Beans, Black Beans & Spanish Rice, Pear French Bread Pizza Breaded Fish Sandwich on a Whole Wheat Bun w/ Spanish Rice & refried Beans

Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons	Triple Decker Turkey Club Sandwich on Whole Wheat Bread	Crispy Popcorn Chicken Salad W/ Home Made Bread Slice		Chicken Caesar Salad with Whole Grain Bread Stick
23 Saucy Italian Meatballs with Whole Grain Pasta, Riviera Vegetables, Fresh Michigan Apple Ham, Pepperoni & Cheese Pizza Stromboli Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Riviera Vegetables Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons	24 No School	25 Orange Chicken Stir Fry, Rice, Peas, Mandarin Oranges Buffalo Chicken Pizza on a Whole Grain Crust Cheese Pizza Crispy Popcorn Chicken Salad W/ Home Made Bread Slice	26 Breakfast for Lunch: Whole Grain Pancakes, Sausage, Hash Browns, Fresh Pineapple Pizza Bagel Chef Salad with Home Made Muffin	27 Build Your Own Wet Burrito Bowl: Mexican Seasoned Beef, Black beans, Spanish Rice, and Fresh Melon Cheese Calzone (made with whole grain crust) Cheese Pizza Chicken Caesar Salad with Whole Grain Bread Stick
30 Home Made Lasagna, Whole Wheat Garlic Toast, Steamed Broccoli, Fresh Michigan Apple Ham, Pepperoni & Cheese Pizza Stromboli Buffalo Chicken Sandwich on a Whole Wheat Bun w/ Baked Sweet Potato Fries Cobb Salad with Home-Made Blue Cheese Dressing & Baked Croutons	31 Home Made Meat Loaf with Mashed Potatoes, Whole Wheat Dinner Roll, Chilled Peaches Pepperoni Pizza on a Whole Grain Crust Chicken Nuggets w/ Mashed Potatoes Riviera Salad made with Fresh Spinach Greens, Walnuts, Strawberries, mozzarella cheese & home-made poppy Seed dressing & Whole Grain dinner roll			

CHICKEN SANDWICH (W/WHOLE GRAIN BREADING) ON A WHOLE WHEAT BUN, CHEESEBURGER ON A WHOLE WHEAT BUN, VEGETARIAN BLACK BEAN BURGER ON A WHOLE GRAIN BUN, MADE TO ORDER HAM & CHEESE WRAP OR SUB, MADE TO ORDER TURKEY & CHEESE WRAP OR SUB, AND YOGURT, GRANOLA, & FRUIT PARFAIT

SOUP & SALAD BAR: Holland High School has a full salad and soup bar every day. Our Salad Bar Features: Spinach & Romaine Salad, Cucumber Slices, Fresh Sliced Bell Peppers, Red Onions, Home Made Croutons, Assorted Composed Salads, Home Made Muffins and Sliced Home Made Bread, Home Made Salad Dressings, and Assorted Soups.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
9	10	11	12	13
Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	Pancake Wrap 100% Orange Juice Skim Milk	Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk
16	17	18	19	20
Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk	Breakfast Sandwich (Whole Wheat English Muffin, Egg, Cheese) Fresh Fruit Skim Milk	Whole Grain Breakfast Round, String Cheese, 100% Fruit Juice Skim Milk	Whole Grain Waffle Low Fat Yogurt Fresh Fruit Skim Milk
23	24	25	26	27
Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	No School	Breakfast Bagel (Whole Grain Bagel, Egg, Cheese, Sausage) Fresh Fruit Skim Milk	Whole Grain Cream Cheese & Jelly Stuffer String Cheese Fresh Fruit Skim Milk	Whole Grain Mini Pancakes Low Fat Yogurt Fresh Fruit Skim Milk
16	17			
Assorted Cereal or Cereal Bar Yogurt Fresh Fruit & Skim Milk	Breakfast Pizza on a Whole Wheat Crust Fresh Fruit Skim Milk			