

JANUARY 2020

SEQUOYAH  
SCHOOL

9TH -12TH  
GRADE

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<b>Optional Main Dish</b>		<b>HAPPY NEW YEAR</b>		
<u>Yogurt Cup or</u>				
<u>Cheese Plate</u>				
Crackers				
6	7	8	9	10
<b>VARIETY OF LOW FAT AND FAT FREE MILK SERVED EVERY MEAL</b>	<u>Soft Mozzarella Bread Sticks</u>	<u>Pizza Hut Pizza or Egg &amp; Sausage Biscuit</u>	<u>Chicken Mega Mini Bites or Baja Pork Wrap</u>	<u>Cheeseburger or BBQ Pork Baked Potato</u>
	Marinara Sauce	Sweet Potato Fries	French Fries	Spicy Ranch Beans
	Green Beans	Loaded Salad Bar	Lettuce / Tomato / Salsa	Lettuce / Tomato / Pickles
	Fruit Bar	Applesauce / 100% Juice	Fruit Bar	Diced Peaches / 100% Juice
			Cookie	
13	14	15	16	17
<u>Chicken Fajitas</u>	<u>Honey Sriracha Wings</u>	<u>Pizza Hut Pizza or Beef Vegetable Soup</u>	<u>Hot Ham &amp; Cheddar or Chili Cheese Cup</u>	<u>Fiesta Nacho's or Fish Sticks</u>
Salsa	Mashed Potatoes	Loaded Salad Bar	French Fries	Refried Beans / Salsa
Southwest Beans	Hot Roll / Gravy	Green Peas & Carrots	Seasoned Broccoli	Sunshine Corn
Salad Bar	Vegetable Medley	Applesauce / 100% Juice	Fruit Bar	Fruit Cup / 100% Juice
Cinnamon Apples / Juice	Fruit Bar			
Philly Cheesesteak Box				
20	21	22	23	24
<b>**No** School</b>	<u>Beef Steak &amp; Gravy</u>	<u>Pizza Hut Pizza or Chicken Tortilla Soup</u>	<u>Crispy Chicken Sand. or Stuffed Breakfast Wrap</u>	<u>Frito Chili Pie or Loaded Baked Potato</u>
	Mashed Potatoes	Sweet Potato Fries	French Fries	Sunshine Corn
	Hot Roll	Loaded Salad Bar	Chuckwagon Spinach	Seasoned Pinto Beans
	Green Beans	Apple Wedge / 100% Juice	Fruit Bar	Mix Fruit / Fresh Fruit
	Fruit Bar			
27	28	29	30	31
<u>Chicken &amp; Noodles</u>	<u>Chicken Fried Steak</u>	<u>Pizza Hut Pizza or Homestyle Meatloaf</u>	<u>Cheeseburger Wrap or Chili Cheese Cup</u>	<u>Soft Mozzarella Bread Sticks or Fiesta Baked Potato</u>
Garlic Bread	Mashed Potatoes	Sweet Potato Fries	French Fries	Marinara Sauce
Green Beans	Hot Roll / Gravy	Loaded Salad Bar	Lettuce / Tomato / Pickle	Baked Beans
Salad Bar	Steamed Broccoli	Berry Cup / 100% Juice	Fruit Bar	Mix Fruit / Fresh Fruit
Strawberries / 100% Juice	Fruit Bar			<b>**Eagle** Energy Bar</b>
Mini Cheeseburger Box				