

Paradise Honors High School
Week of January 15-19, 2018



Nutrition - Achievement - Environment - Community - Activity



	Menu subject to change without notice.	Nutritional information is available at the food service office.	Students must select 3 Out of the 5 Meal Components	
8 Bean & Cheese Burrito Fruit, Veg. 1% Milk or Fat Free Choc Milk	9 Turkey or Cheese Nachos Fruit, Veg. 1%Milk or Fat Free Choc Milk	10 Chicken Fajitas Fruit, Veg. 1%Milk or Fat Free Choc Milk	11 Soft Tacos Fruit, Veg. 1%Milk or Fat Free Choc Milk	12 Orange Chicken w/ WG Rice Fruit, Veg. 1%Milk or Fat Free Choc Milk
15 No School Martin Luther King Day	16 Chili Dog Fruit, Veg., 1% milk or Fat Free Choc Milk	17 Cheese Enchiladas Fruit, Veg., 1% milk or Fat Free Choc Milk	18 Chicken & Waffles Fruit, Veg., 1% milk or Fat Free Choc Milk	19 Bean & Cheese Green Chili Burrito. Fruit, Veg., 1% milk or Fat Free Choc Milk
22 Turkey or Cheese Nachos Fruit, Veg., 1% milk or Fat Free Choc Milk	23 Rib B Q Sandwich Fruit, Veg., 1% milk or Fat Free Choc Milk	24 Beefy Rotini Fruit, Veg., 1% milk or Fat Free Choc Milk	25 Meatball Sub Fruit, Veg., 1% milk or Fat Free Choc Milk	26 Turkey or Cheese Nachos Fruit, Veg., 1% milk or Fat Free Choc Milk
29 Chicken Nuggets Fruit, Veg., 1% milk or Fat Free Choc Milk	30 Rotini & Meatsauce Fruit, Veg., 1% milk or Fat Free Choc Milk	31 Turkey or Cheese Nachos Fruit, Veg., 1% milk or Fat Free Choc Milk	In addition to lunch selections we offer our daily garden bar with mixed lettuce, tomato, cucumber, celery, carrots and more!	

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GRILL

Monday : NO SCHOOL MLK DAY
Tuesday: Spicy Chicken Burger
Wednesday: Spicy Chicken Burger
Thursday: Spicy Chicken Burger
Friday: Spicy Chicken Burger

FAST TAKES

Monday : NO SCHOOL MLK DAY
Tuesday: Turkey Bacon Club
Wednesday: Turkey & Cheese Sandwich
Thursday: Italian Sub
Friday: Buffalo Chicken Wrap
Sunbutter & Jelly served daily

PIZZA

Monday : NO SCHOOL MLK DAY
Tuesday: Sausage or Cheese
Wednesday: Cheese or Pepperoni Stromboli
Thursday: Cheese or Pepperoni
Friday: Cheese or Supreme

~SALADS & MORE~

Monday : NO SCHOOL MLK DAY
Tuesday : Buffalo Chicken Salad w/roll
Wednesday : Chicken Caesar Salad w/roll
Thursday : Crispy Chicken Salad w/roll
Friday : Chef Salad w/roll

