


**\*\*Reminder: Breakfast is served Daily\*\***

# January 2018 Lunch Menu




WEST SONOMA COUNTY  
HIGH SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	<b>Winter Break</b>			12
<b>Staff Development Day No School</b>	9 Pizza Varieties: Cheese (V)/Pepp Bosco Sticks, French Bread Pizza, or Rippers (V)	10 Cheesy Pesto Penne (V) OR Pesto Chicken Pasta w/garlic breadstick	11 Chicken Nuggets or Tenders w/WG Sun Chips	<b>Burger Bar w/ Fries</b> Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
15 <b>Martin Luther King Jr. Day</b> 	16 Pizza Varieties: Cheese (V)/Pepp Bosco Sticks, French Bread Pizza, or Rippers (V)	17 Teriyaki Beef or Veggie Stir Fry over Noodles (V)	18 BBQ Rib Sandwich w/WG Sun Chips	19 <b>Burger Bar w/ Fries</b> Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
22 <b>Homemade Pizza Varieties</b> Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian)	23 <b>Philly Cheese Steak Sandwich</b>	24 <b>Powerhouse Chili Boat</b>	25 <b>Chicken or Cheese Enchilada</b> w/Spanish Rice	26 <b>Burger Bar w/ Fries</b> Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
29 <b>Homemade Pizza Varieties</b> Pepperoni, Cheese(V), Chicken Pesto, Veggie(V) Hawaiian	30 <b>Hot &amp; Spicy or Mild Chicken Strips</b> w/WG Sun Chips	31 <b>Salisbury Steak</b> w/Mashed Potatoes		(V) option's avail. daily but not as featured menu item)

**SALAD BAR**  
Monday-Thursday  
With seasonal produce and  
specialty themed salad bar days  
V: Vegetarian Option : VG: Vegan Option

Meals Include 5 Menu Items:  
Protein (Meat/Meat Alternative)  
Grain  
Vegetable  
Fruit/Fruit Juice  
Milk  
★ ★  
2 Item Entrees

To Complete Your Meal:  
**Choose 3 items minimum** ★  
One menu item must include fruit/fruit juice or  
veggie.  
**Or Choose all 5 items** ★



**Lunch Meal Prices**  
Student Lunch..... \$3.50  
Reduced Student Lunch..... 40¢  
Free Student Lunch.....no charge  
Adult Lunch..... \$4.00 plus tax  
  
This menu is subject to change  
Water dispenser available in the cafeteria & at snack bar

**Healthy Foods**  
  
This institute is an equal opportunity provider

**OTHER DAILY OPTIONS! YOU CHOOSE!**  
**Hot Entrees:** Spicy Chicken, 2 Bosco Sticks (V),  
French Bread Pizza (V), or Bean & Cheese Burrito(V)  
**Cold Entrees:** Deli Sandwiches or wraps (V), PB&J  
Uncrustables (V), Large Garden Salad (V/ VG)  
  
→ **Create Your Own 3 Star Meal!**  
Milk + Side Salad + Watermelon  
Pita Bread & Hummus (V/ VG) + 2 Yogurts