

East Side Union High School District Main Lunch Menu -Week 1

Weeks of – January 8th, 22nd and February 6th

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Meat/Meat Alternate & Grain</i>				
Teriyaki Beef Dunkers w/ Brown Rice	Chicken Burrito w/ Pico de Gallo	Meatloaf Dinner	Turkey Dinner w/ Whole Wheat Roll	Chicken Tortilla Soup w/ Mexi Grilled Cheese Sandwich
Italian Meat Ball Sandwich Or Corndog w/ Fries	Honey BBQ Beef Rib Sandwich w/ French Fries Or Spicy Chicken Sandwich	Cheeseburger on a Bun w/ Fries Or Pepperoni Pizza	Honey BBQ Beef Rib Sandwich w/ French Fries Or Spicy Chicken Sandwich	Corn Dog w/French Fries or Cheeseburger w/ French Fries
Turkey & Cheese Sandwich	Spicy Chicken Wrap	Chicken Fajita Salad w/ Tortilla Chips	Chinese Chicken Salad w/ Whole Wheat Roll	Spicy Chicken Salad
<u>Meatless Monday Choices</u> Vegetable Sticks w/ Sun Flower Butter Or Peanut Butter & Jelly Sandwich	Vegetarian Pizza Or Peanut Butter & Jelly Sandwich	Cheesy Bread Stick w/ Marinara Sauce Or Peanut Butter & Jelly Sandwich	Red Chili Bean & Cheese Burrito Or Peanut Butter & Jelly Sandwich	Cheese Pizza Or Peanut Butter & Jelly Sandwich
<i>Fruit</i>				
Applesauce Orange Juice	Cupped Fruit Fresh Apple	Fresh Apple 100% Fruit Punch	Orange w/ Tajin Seasoning Apple Juice	Cupped Pears Fresh Orange
<i>Vegetable</i>				
Sweet Potatoes Green Beans	Broccoli Corn	Carrot Coins Green Beans	Vegetarian Beans Peas	Green Beans Sweet Potato Fries
<i>Condiments</i>				
Mayo packet Ketchup packet Mustard Packet Soy Sauce	Mayo packet Ketchup Packet Mustard Packet Ranch Dressing Taco Sauce	Mayo packet Ketchup packet Mustard packet	Mayo packet Ketchup packet Mustard packet Taco sauce	Mayo packet Ketchup packet Mustard packet

Milk – White, Chocolate and Strawberry offered daily

East Side Union High School District Main Lunch Menu -Week 2

Weeks of – January 15th and 29th

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Meat/Meat Alternate & Grain</i>				
Pork Riblets w/Brown Rice	Chicken Mash Potato Bowl w/ Whole Wheat Roll	Penne Pasta w/ Zesty Italian Meatballs	Mandarin Orange Chicken w/ Rice	Chili Cheese Bowl w/ Cornbread
Spicy Chicken Sandwich w/ French Fries Or Sloppy Joe on a Bun	Cheeseburger on a Bun w/French Fries Or Chicken Tenders	BBQ Pork Rib on a Bun w/ French Fries Or Grilled Teriyaki Chicken Sandwich	Spicy Chicken Sandwich Or Pepperoni Pizza	Cheeseburger w/French Fries Or Supper Burrito
Turkey & Cheese Sandwich	Taco Salad w/ Tortilla Chips	Spicy Chicken Wrap	Ham & Cheese Sandwich	Chicken Fajita Salad w/ Tortilla Chips
<u>Meatless Monday Choices</u> Neapolitan Pizza w/ Marinara Sauce Or Peanut Butter & Jelly Sandwich	Mediterranean Garden Salad Or Peanut Butter & Jelly Sandwich	Cheese Pizza Or Peanut Butter & Jelly Sandwich	Homemade Cheese Bread Sticks w/ Marinara Sauce Or Peanut Butter & Jelly Sandwich	Vegetarian Pizza Or Peanut Butter & Jelly Sandwich
<i>Fruits</i>				
Applesauce Orange Juice	Cupped Fruit Fresh Apple	Fresh Apple 100% Fruit Punch	Orange – w/ Tajin Seasoning Apple Juice	Cupped Pears Fresh Orange
<i>Vegetable</i>				
Sweet Potatoes Green Beans	Broccoli Corn	Carrot Coins Green Beans	Vegetarian Beans Peas	Sweet Potato Fries Green Beans
<i>Condiments</i>				
Mayo packet Ketchup packet Mustard Packet Soy Sauce	Mayo packet Ketchup packet Mustard packet Ranch Dressing Taco sauce	Mayo packet Ketchup packet Mustard packet	Mayo packet Ketchup packet Mustard packet Soy Sauce	Mayo packet Ketchup packet Mustard packet Taco Sauce

Milk – White, Chocolate and Strawberry offered daily