



# High School January Tiger Cafe

BRUNCH  
SERVED DAILY  
DURING  
MORNING  
BREAK.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

STUDENTS MUST TAKE AT LEAST ONE FRUIT OR ONE VEGETABLE TO RECEIVE THEIR MEAL. AT NO CHARGE. LUNCH INCLUDES ENTRÉE, FRESH FRUIT, VEGETABLES, AND LOWFAT REGULAR OR NON-FAT CHOCOLATE MILK. STUDENTS MUST TAKE 3 OF THE 5 FOOD GROUPS OFFERED FOR A "COMPLETE" MEAL.. MENU SUBJECT TO CHANGE.

## Happy New Year

**NO  
SCHOOL!**

5

**RIB SANDWICH  
OR  
MOZZARELLA BREAD  
STICKS**

6

**GENERAL TSO  
CHICKEN BOWL  
OR  
VEGETABLE DUMPLINGS**

7

**BUFFALO CHICKEN  
SANDWICH  
OR  
FRENCH BREAD PIZZA**

8

**BEEF CHILI MACARONI  
& CHEESE  
OR  
MINI CHEESE RAVIOLI**

9

**BUFFALO CHICKEN  
WING MEAL OR  
CHEESE ENCHILADAS**

12

**POPCORN CHICKEN &  
MASHED POTATO BOWL  
OR CHICKENLESS  
TENDER BOWL**

13

**KOREAN BROCCOLI  
BEEF BOWL  
OR  
GREEN CHILI TAMALES**

14

**PATTY MELT  
OR  
GRILLED CHEESE**

15

**GARLIC CHICKEN  
ALFREDO  
OR  
PESTO ALFREDO**

16

**MARTIN LUTHER  
KING JR.  
HOLIDAY!**

19

**RIB SANDWICH  
OR  
MOZZARELLA BREAD  
STICKS**

20

**ORANGE CHICKEN BOWL  
OR  
VEGETABLE DUMPLINGS**

21

**CUBAN PORK SANDWICH  
OR  
CHEESE QUESADILLA**

22

**BEEF CHILI CHEESE FRIES  
OR  
MINI CHEESE RAVIOLI**

23

**CHICKEN TENDER MEAL  
OR  
CHEESE ENCHILADAS**

26

**TIKKA MASALA**

27

**TERIYAKI CHICKEN BOWL  
OR  
GREEN CHILI TAMALES**

28

**PHILLY CHEESE SANDWICH  
OR  
CHEESE CALZONE**

29

**PASTA & MEAT SAUCE  
OR  
FRENCH BREAD PIZZA**

30