

# January 2019 Armstrong Township High School

| SUN                                     | MON  | TUES   | WED  | THU  | FRI  | SAT |
|---|--|--|--|--|--|-----|
| ALL MEALS SERVED WITH LOWFAT OR 1% MILK | MENUS SUBJECT TO CHANGE  | 1 No School!!<br>New Years<br>Vacation!                                | 2 No School!!<br>New Years<br>Vacation!                                      | 3 No School!!<br>New Years<br>Vacation!  | 4 No School!!<br>New Years<br>Vacation!  | 5   |
| 6                                       | 7 Baked Ham<br>Cheesy Mashed Potatoes, Green Beans,<br>Strawberries<br>Dinner Roll | 8 Beefy Cheesy Nachos<br>Refried Beans<br>Corn<br>Grapes<br>Brownies   | 9 Spaghetti Salad<br>Peas<br>Cheesy Biscuits                                 | 10 Au Gratin Potatoes & Ham<br>Broccoli<br>Peaches                                       | 11 Hamburgers with Bun<br>French Fries<br>Peas<br>Mixed Fruit<br>No Bake Cookies   | 12  |
| 13                                      | 14 Pulled Pork<br>Baked Beans<br>Cali Blend<br>Vegetables<br>Applesauce<br>Fritos  | 15 Chicken Fajitas<br>Refried Beans<br>Mixed Fruit Cups<br>Chips/Salsa | 16 Chili<br>Celery/Carrots<br>Banana<br>Cinnamon Roll                        | 17 Chef Salad with Ham & Turkey<br>Pineapple<br>Cottage Cheese<br>Bosco Sticks<br>Cookie | 18 Hot Dogs<br>French Fries<br>Carrots<br>Peas                                     | 19  |
| 20                                      | 21 No School!!<br>Happy Martin Luther King Jr. Day!                                | 22 Chicken Alfredo<br>Broccoli<br>Peaches<br>WG Roll                   | 23 Goulash<br>Green Beans<br>Applesauce<br>Garlic Cheese Bread               | 24 Turkey Mashed Potatoes & Gravy<br>Yams<br>Grapes<br>Pumpkin Bars                      | 25 French Toast<br>Sticks<br>Sausage Patty<br>Tri Tater<br>Orange Wedges<br>Muffin | 26  |
| 27                                      | 28 Beef Tacos<br>Spanish Rice<br>Fruit Fluff<br>Peas<br>Chips/Salsa                | 29 Stromboli Salad<br>Peaches<br>Cottage Cheese                        | 30 Biscuits & Gravy<br>Tri Taters<br>Sausage Patty<br>Orange Juice<br>Muffin | 31 Salisbury Steak<br>Mashed Potatoes<br>Cali Blend<br>Vegetables<br>Banana<br>WG Roll   |  |     |