



JANUARY

MAYA ANGELOU HIGH SCHOOL C2HS - Lunch 9-12

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	TACO MEAT Tortilla Chips ^ CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Southwestern Corn Fiesta Beans Applesauce Cup Blended Fruit Juice Pretzels ^ Choice of Milk	CHICKEN PARMESAN ^ Breadstick ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Romaine Lettuce Cucumbers Light Italian Dressing Fresh Orange Diced Pears Choice of Milk	RANCH TURKEY BURGER Ketchup CRISPY CHICKEN PATTY ^ BBQ Sauce Hamburger Bun ^ Mixed Vegetables Maple Butter Carrots Fresh Banana Pineapple Tidbits Choice of Milk
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
PANCAKES & SAUSAGE ^ Syrup CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Potato Rounds SunSet Sip Juice Diced Pears Pineapple Tidbits Ketchup Raspberry Cookies ^ Choice of Milk	CHEESE PIZZA ^ HOT DOG Hot Dog Bun ^ Mustard Ketchup Maple Butter Carrots Broccoli Fresh Apple Multi Grain Sun Chips ^ Choice of Milk	MINI CORN DOGS ^ CHARBROILED HAMBURGER Hamburger Bun ^ Maple Baked Beans Southwestern Corn Fresh Orange Diced Peaches Mustard Ketchup Choice of Milk	CHICKEN DIPPERS ^ PIZZA DIPPERS ^ Marinara Dipping Sauce Garlic Butter Green Beans Fresh Banana Mixed Fruit Cup Chocolate Cookie ^ Choice of Milk	SALISBURY STEAK W/ GRAVY Sliced Bread (2) ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ BBQ Sauce Mashed Potatoes Romaine Lettuce Light Italian Dressing Grape Juice Craisins Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
PEPPERONI PIZZA ^ CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Broccoli Maple Butter Carrots Blended Fruit Juice Pineapple Cup Vanilla Cookie ^ Choice of Milk	SLOPPY JOE Hamburger Bun ^ HOT DOG Hot Dog Bun ^ Mustard Potato Rounds Mixed Vegetables Fresh Orange Craisins Ketchup Tortilla Chips ^ Choice of Milk	SPECIAL MEAL CHICKEN DRUMSTICK BBQ Sauce Corn Muffin ^ CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup Fiesta Beans Southwestern Corn Fresh Banana Diced Peaches Choice of Milk	MAC & CHEESE ^ Breadstick ^ Garlic Butter Green Beans PIZZA DIPPERS ^ Marinara Dipping Sauce Romaine Lettuce Light Italian Dressing Fresh Apple Choice of Milk	NO SCHOOL
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	MEATLOAF PANINI ^ CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Potato Wedges Maple Baked Beans Applesauce Cup Pineapple Cup Ketchup Multi Grain Sun Chips ^ Choice of Milk	POPCORN CHICKEN ^ Corn Muffin ^ BBQ Sauce CHARBROILED HAMBURGER Hamburger Bun ^ Mustard Ketchup Broccoli Maple Butter Carrots Fresh Pear Diced Peaches Choice of Milk	CHICKEN RANCH FLATBREAD ^ SunSet Sip Juice PIZZA DIPPERS ^ Marinara Dipping Sauce Mixed Vegetables Fresh Orange Mixed Fruit Cup Choice of Milk	MINI RAVOLI W/SAUCE Breadstick ^ CRISPY CHICKEN PATTY ^ Pickle Chips Hamburger Bun ^ BBQ Sauce Romaine Lettuce Cucumbers Light Italian Dressing Fresh Banana Diced Pears Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
CORN DOG ON A STICK ^ Mustard Ketchup CRUNCHY CHICKEN TENDERS ^ BBQ Sauce Mixed Vegetables Garlic Butter Green Beans Grape Juice Pineapple Tidbits Pretzels ^ Choice of Milk	TOASTY TUESDAY** 4-CHEESE PANINI ^ HOT DOG Hot Dog Bun ^ Mustard Tomato Soup ^ Potato Rounds Mixed Fruit Cup Craisins Ketchup Vanilla Cookie ^ Choice of Milk	BBQ CHICKEN CHARBROILED HAMBURGER Mustard Ketchup Hamburger Bun ^ Maple Baked Beans Maple Butter Carrots Fresh Orange Diced Pears Choice of Milk	CHILI Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce French Fries Fresh Apple Ketchup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.



Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-01-2019	HOLIDAY BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-02-2019	TACO MEAT	196	10	4	0	40	781	12	1	1	14	292	2	46	2	MMA:2oz V:5/8c RO
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Southwestern Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Fiesta Beans	232	2	0	0	0	543	42	11	2	14	117	4	131	2	V:1/2c L V:1/8c RO
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Pretzels ^	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-03-2019	CHICKEN PARMESAN ^	288	15	4	0	30	679	21	2	2	19	16	0	108	2	MMA:2oz G/B:1sv WG V:1/4c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-04-2019	RANCH TURKEY BURGER	148	8	2	0	41	327	4	0	1	15	21	1	73	2	MMA:2oz
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c RO V:1/4c S
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-07-2019	PANCAKES & SAUSAGE ^	309	13	4	0	50	526	30	4	7	18	3	0	133	3	MMA:2oz G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	0	0	V:1/2c S
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Raspberry Cookies ^	120	4	0	0	0	115	20	2	6	2	0	0	0	0	1
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-08-2019	CHEESE PIZZA ^	351	14	6	0	31	799	35	2	3	20	91	0	520	2	MMA:2oz G/B:2sv WG V:1/4c RO
	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-09-2019	MINI CORN DOGS ^	259	13	3	0	40	369	31	2	11	12	0	66	100	2	MMA:2oz G/B:2sv WG
	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Southwestern Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-10-2019	CHICKEN DIPPERS ^	225	12	2	0	44	475	12	1	0	16	38	0	0	0	MMA:2oz G/B:1sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Garlic Butter Green Beans	43	1	0	0	0	88	7	2	2	2	21	10	35	1	V:1/2c O
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Chocolate Cookie ^	120	5	1	0	0	45	19	1	6	2	0	0	0	1	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-11-2019	SALISBURY STEAK W/ GRAVY	202	13	5	0	38	588	7	0	1	14	11	0	32	2	MMA:2oz
	Sliced Bread (2) ^	120	1	0	0	0	250	24	4	2	4	0	0	42	2	G/B:2sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mashed Potatoes	122	5	1	0	0	304	17	1	1	3	0	59	39	0	V:1/2c S
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-14-2019	PEPPERONI PIZZA ^	363	16	6	0	36	979	35	2	3	20	69	0	416	2	MMA:2oz G/B:2sv WG V:1/4c RO
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	Pineapple Cup	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-15-2019	SLOPPY JOE	205	10	4	0	40	549	16	0	7	14	31	5	34	1	MMA:2oz V:1/2c RO
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	0	0	V:1/2c S
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c RO V:1/4c S
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Tortilla Chips ^	120	4	0	0	0	105	18	2	0	2	0	0	20	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-16-2019	SPECIAL MEAL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	CHICKEN DRUMSTICK	193	11	3	0	107	285	2	0	0	20	17	0	16	1	MMA:2oz
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Fiesta Beans	232	2	0	0	0	543	42	11	2	14	117	4	131	2	V:1/2c L V:1/8c RO
	Southwestern Corn	82	1	0	0	0	98	18	2	3	3	11	4	8	0	V:1/2c S
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-17-2019	MAC & CHEESE ^	401	19	11	0	58	828	39	2	9	19	140	0	458	1	MMA:2oz G/B:1sv WG
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	Garlic Butter Green Beans	43	1	0	0	0	88	7	2	2	2	21	10	35	1	V:1/2c O
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-18-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-21-2019	MARTIN LUTHER KING JR.	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
01-22-2019	MEATLOAF PANINI ^	320	14	6	0	46	752	30	3	3	18	35	0	154	3	MMA:2oz G/B:2sv WG
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Potato Wedges	94	3	0	0	0	33	15	2	0	2	0	3	0	1	V:1/2c S
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Pineapple Cup	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Multi Grain Sun Chips ^	140	6	1	0	0	120	18	3	2	2	0	0	0	0	G/B:1.25sv WG
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-23-2019	POPCORN CHICKEN ^	255	14	3	0	22	388	16	3	1	16	33	0	0	2	MMA:2oz G/B:1sv WG
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Broccoli	25	0	0	0	0	23	4	3	1	3	49	53	53	1	V:1/2c DG
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Pear	67	0	0	0	0	1	18	4	11	0	1	5	10	0	F:1/2c
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-24-2019	CHICKEN RANCH FLATBREAD ^	342	14	6	0	41	701	32	2	3	21	87	1	420	3	MMA:2.25oz G/B:2sv WG
	SunSet Sip Juice	45	0	0	0	0	15	11	0	10	0	150	60	0	0	V:1/2c RO
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c RO V:1/4c S
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-25-2019	MINI RAVOLI W/SAUCE	360	14	5	0	165	979	44	4	2	17	90	0	205	2	MMA:2oz G/B:1.25sv WG V:1/2c RO
	Breadstick ^	100	1	0	0	0	135	20	2	2	4	0	6	20	1	G/B:1sv WG
	CRISPY CHICKEN PATTY ^	240	13	2	0	25	520	15	2	0	16	0	0	40	1	MMA:2oz G/B:1sv WG
	Pickle Chips	5	0	0	0	0	330	1	0	0	0	2	1	23	0	V:1/4c O
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Romaine Lettuce	5	0	0	0	0	2	1	1	0	0	124	1	9	0	V:1/2c DG
	Cucumbers	5	0	0	0	0	1	1	0	0	0	2	1	5	0	V:1/4c O
	Light Italian Dressing	10	0	0	0	0	170	2	0	2	0	0	0	0	0	
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		

Nutritional Information: MAYA ANGELOU HIGH SCHOOL

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
01-28-2019	CORN DOG ON A STICK^	280	13	4	0	40	660	31	2	9	9	30	9	60	2	MMA:2oz G/B:2sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	CRUNCHY CHICKEN TENDERS ^	260	15	2	0	25	390	16	3	1	15	30	0	0	2	MMA:2oz G/B:1sv WG
	BBQ Sauce	25	0	0	0	0	50	7	0	4	0	0	0	0	0	
	Mixed Vegetables	57	0	0	0	0	58	12	3	4	2	386	3	21	1	V:1/4c RO V:1/4c S
	Garlic Butter Green Beans	43	1	0	0	0	88	7	2	2	2	21	10	35	1	V:1/2c O
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	Pineapple Tidbits	50	0	0	0	0	7	11	1	9	2	13	6	10	0	F:1/2c
	Pretzels ^	80	2	0	0	0	200	15	2	0	2	0	0	0	1	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-29-2019	TOASTY TUESDAY**	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
	4-CHEESE PANINI ^	336	17	10	0	45	658	27	2	2	18	120	0	437	2	MMA:2oz G/B:2sv WG
	HOT DOG	130	11	4	0	30	400	2	0	1	5	0	0	20	1	MMA:2oz
	Hot Dog Bun ^	120	1	0	0	0	220	24	4	2	4	0	0	56	1	G/B:1.5sv WG
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Tomato Soup^	226	12	2	0	1	633	25	1	5	4	0	0	49	1	G/B:0.5sv WG V:1/2c RO
	Potato Rounds	137	6	1	0	0	275	17	2	0	2	0	0	0	0	V:1/2c S
	Mixed Fruit Cup	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Vanilla Cookie ^	130	5	1	0	0	45	20	1	6	2	0	0	0	0	G/B:1sv WG
Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0		
01-30-2019	BBQ CHICKEN	194	5	2	0	55	453	17	0	10	22	49	1	14	0	MMA:2oz V:1/4c RO
	CHARBROILED HAMBURGER	147	10	4	0	40	220	2	0	0	12	3	0	25	1	MMA:2oz
	Mustard	5	0	0	0	0	20	0	0	0	0	0	0	0	0	
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Hamburger Bun ^	120	1	0	0	0	210	23	1	2	3	0	0	50	1	G/B:2sv WG
	Maple Baked Beans	162	0	0	0	0	285	34	7	11	7	62	0	88	3	V:1/2c L
	Maple Butter Carrots	55	0	0	0	0	144	13	3	8	1	770	6	36	0	V:1/2c RO
	Fresh Orange	61	0	0	0	0	0	15	3	12	1	14	69	52	0	F:1/2c
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
01-31-2019	CHILI	190	6	2	0	20	858	24	5	7	11	38	2	47	2	MMA:2oz V:1/2c RO
	Corn Muffin ^	214	7	1	0	0	239	37	3	11	4	2	0	60	1	G/B:2sv WG
	PIZZA DIPPERS ^	290	11	5	0	20	530	30	3	6	19	80	0	350	2	MMA:2oz G/B:2sv WG
	Marinara Dipping Sauce	76	4	0	0	0	305	9	0	0	2	16	0	5	0	V:1/2c RO
	French Fries	103	4	1	0	0	30	16	0	0	2	0	6	0	0	V:1/2c S
	Fresh Apple	64	0	0	0	0	1	17	3	13	0	4	6	7	0	F:1c
	Ketchup	10	0	0	0	0	45	2	0	1	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other

Allergen Information: MAYA ANGELOU HIGH SCHOOL

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-01-2019	HOLIDAY BREAK								
01-02-2019	TACO MEAT							X	
	Tortilla Chips ^								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Southwestern Corn								
	Fiesta Beans								
	Applesauce Cup								
	Blended Fruit Juice								
	Pretzels ^								X
Choice of Milk	X								
01-03-2019	CHICKEN PARMESAN ^	X						X	X
	Breadstick ^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Romaine Lettuce								
	Cucumbers								
	Light Italian Dressing							X	
	Fresh Orange								
	Diced Pears								
Choice of Milk	X								
01-04-2019	RANCH TURKEY BURGER	X						X	X
	Ketchup								
	CRISPY CHICKEN PATTY ^							X	X
	BBQ Sauce							X	
	Hamburger Bun ^							X	X
	Mixed Vegetables								
	Maple Butter Carrots	X							
	Fresh Banana								
	Pineapple Tidbits								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-07-2019	PANCAKES & SAUSAGE ^	X	X					X	X
	Syrup								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Potato Rounds							X	
	SunSet Sip Juice								
	Diced Pears								
	Pineapple Tidbits								
	Ketchup								
	Raspberry Cookies ^	X	X					X	X
Choice of Milk	X								
01-08-2019	CHEESE PIZZA ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Mustard								
	Ketchup								
	Maple Butter Carrots	X							
	Broccoli								
	Fresh Apple								
	Multi Grain Sun Chips ^								X
	Choice of Milk	X							
01-09-2019	MINI CORN DOGS ^	X	X					X	X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Southwestern Corn								
	Fresh Orange								
	Diced Peaches								
	Mustard								
	Ketchup								
	Choice of Milk	X							
01-10-2019	CHICKEN DIPPERS ^							X	X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Garlic Butter Green Beans	X							
	Fresh Banana								
	Mixed Fruit Cup								
	Chocolate Cookie ^							X	X
	Choice of Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-11-2019	SALISBURY STEAK W/ GRAVY	X						X	X
	Sliced Bread (2) ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Hamburger Bun ^							X	X
	BBQ Sauce							X	
	Mashed Potatoes	X						X	
	Romaine Lettuce								
	Light Italian Dressing							X	
	Grape Juice								
	Craisins								
	Choice of Milk	X							
01-14-2019	PEPPERONI PIZZA ^	X						X	X
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Broccoli								
	Maple Butter Carrots	X							
	Blended Fruit Juice								
	Pineapple Cup								
	Vanilla Cookie ^							X	X
Choice of Milk	X								
01-15-2019	SLOPPY JOE							X	
	Hamburger Bun ^							X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Mustard								
	Potato Rounds							X	
	Mixed Vegetables								
	Fresh Orange								
	Craisins								
	Ketchup								
	Tortilla Chips ^								
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-16-2019	SPECIAL MEAL								
	CHICKEN DRUMSTICK								
	BBQ Sauce							X	
	Corn Muffin ^								X
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^							X	X
	Mustard								
	Ketchup								
	Fiesta Beans								
	Southwestern Corn								
	Fresh Banana								
	Diced Peaches								
	Choice of Milk	X							
01-17-2019	MAC & CHEESE ^	X						X	X
	Breadstick ^							X	X
	Garlic Butter Green Beans	X							
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Romaine Lettuce								
	Light Italian Dressing							X	
	Fresh Apple								
Choice of Milk	X								
01-18-2019	NO SCHOOL								
01-21-2019	MARTIN LUTHER KING JR.								
01-22-2019	MEATLOAF PANINI ^	X						X	X
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Potato Wedges							X	
	Maple Baked Beans								
	Applesauce Cup								
	Pineapple Cup								
	Ketchup								
	Multi Grain Sun Chips ^								X
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-23-2019	POPCORN CHICKEN ^							X	X
	Corn Muffin ^								X
	BBQ Sauce							X	
	CHARBROILED HAMBURGER							X	
	Hamburger Bun ^							X	X
	Mustard								
	Ketchup								
	Broccoli								
	Maple Butter Carrots	X							
	Fresh Pear								
	Diced Peaches								
Choice of Milk	X								
01-24-2019	CHICKEN RANCH FLATBREAD ^	X						X	X
	SunSet Sip Juice								
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	Mixed Vegetables								
	Fresh Orange								
	Mixed Fruit Cup								
Choice of Milk	X								
01-25-2019	MINI RAVOLI W/SAUCE	X	X					X	X
	Breadstick ^							X	X
	CRISPY CHICKEN PATTY ^							X	X
	Pickle Chips								
	Hamburger Bun ^							X	X
	BBQ Sauce							X	
	Romaine Lettuce								
	Cucumbers								
	Light Italian Dressing							X	
	Fresh Banana								
Diced Pears									
Choice of Milk	X								

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
01-28-2019	CORN DOG ON A STICK^	X	X					X	X
	Mustard								
	Ketchup								
	CRUNCHY CHICKEN TENDERS ^							X	X
	BBQ Sauce							X	
	Mixed Vegetables								
	Garlic Butter Green Beans	X							
	Grape Juice								
	Pineapple Tidbits								
	Pretzels ^								X
Choice of Milk	X								
01-29-2019	TOASTY TUESDAY**								
	4-CHEESE PANINI ^	X						X	X
	HOT DOG								
	Hot Dog Bun ^							X	X
	Mustard								
	Tomato Soup^	X						X	X
	Potato Rounds							X	
	Mixed Fruit Cup								
	Craisins								
	Ketchup								
	Vanilla Cookie ^							X	X
	Choice of Milk	X							
01-30-2019	BBQ CHICKEN							X	
	CHARBROILED HAMBURGER							X	
	Mustard								
	Ketchup								
	Hamburger Bun ^							X	X
	Maple Baked Beans								
	Maple Butter Carrots	X							
	Fresh Orange								
	Diced Pears								
	Choice of Milk	X							
01-31-2019	CHILI							X	X
	Corn Muffin ^								X
	PIZZA DIPPERS ^	X	X					X	X
	Marinara Dipping Sauce	X						X	
	French Fries							X	
	Fresh Apple								
	Ketchup								
	Choice of Milk	X							