

# Sioux Valley School District

## January 2019 MSHS Lunch Menu

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Fill Up & Fuel Up  
at the  
Unlimited Fruit & Vegetable Bar**




**3**

A. Chicken & Noodles  
w/ Dinner Roll  
B. Beef Hot Dog on Bun  
C. Canadian Bacon Pizza  
D. Turkey & Cheese Wrap  
Peas

**4**

**Fresh Baked**  
A. Sausage Pizza  
B. Cheese Pizza  
C. Cheddar Chicken Sandwich  
D. Italian Sub  
Corn

**7**

A. Chicken Drumstick  
w/Dinner Roll  
B. Pulled Pork Sandwich  
C. Cheese Pizza  
D. Turkey&Cheese Sub  
Coleslaw

**8**

A. White Goulash  
B. Crispy Chicken Sandwich  
C. Pepperoni&Sausage Pizza  
D. Ham & Cheese Sub  
Corn

**9**

A. Cheese Ravioli  
w/Garlic Bread  
B. Corn Dog  
C. Canadian Bacon Pizza  
D. Cold Cut Sub  
Broccoli

**10**

A. Tangerine Chicken w/Rice  
B. Pork Rib Sandwich  
C. Sausage Pizza  
D. Turkey & Cheese Wrap  
Stir Fry Veggies

**11**

A. Chili w/ Corn Chips  
B. Chicken Nuggets  
C. Chicken Alfredo Pizza  
D. Italian Sub  
Cinnamon Roll  
Carrots

**14**

A. Ham & Scalloped Potatoes  
w/Bread  
B. Stuffed Crust Pizza  
C. Pepper Jack Burger  
D. Turkey&Cheese Sub  
California Blend Veggies

**15**

A. Mac n' Cheese  
B. Corn Dog  
C. Sausage Pizza  
D. Ham & Cheese Sub  
Carnival Cookie  
Sidekicks® Frozen Juice Cup

**16**

A. Chicken Nuggets  
w/Dinner Roll  
B. Pulled Pork Sandwich  
C. Three Meat Pizza  
D. Cold Cut Sub  
Baked Beans

**17**

A. Nachos Grande w/ Rice  
B. Meatballs w/ Gravy  
C. Cheese Pizza  
D. Turkey & Cheese Wrap  
A&B. Rice  
Corn

**18**

A. Goulash w/Dinner Roll  
B. Crispy Chicken Sandwich  
C. Canadian Bacon Pizza  
D. Italian Sub  
Green Beans

**21**

**No School**

**22**

A. Italian Dunkers  
B. BBQ Meatball Sub  
C. Stuffed Crust Pepperoni pizza  
D. Ham & Cheese Sub  
Green Beans

**23**

A. Sloppy Joe on Bun  
B. Breaded Fish Sandwich  
C. Canadian Bacon Pizza  
D. Cold Cut Sub  
Baked Fries

**24**

A. Tater Tot Hotdish w/Bread  
B. Chicken Cheddar Sandwich  
C. Stuffed Crust Cheese Pizza  
D. Turkey & Cheese Wrap  
Carrots

**25**

A. Doritos Walking Taco  
w/ Rice  
B. Cheeseburger  
C. Sausage Pizza  
D. Italian Sub  
Corn

**28**

A. Chicken Nuggets  
w/ Bread  
B. Corn Dog  
C. Taco Fiestada Pizza  
D. Turkey&Cheese Sub  
Broccoli w/Cheese

**29**

A. Spaghetti w/Meat Sauce  
w/Garlic Toast  
B. Crispy Chicken Sanwich  
C. Sausage Pizza  
D. Ham & Cheese Sub  
Corn

**30**

A. Pulled Pork Sandwich  
B. Total Taco Quesadilla  
C. Three Meat Pizza  
D. Cold Cut Sub  
Coleslaw

**31**

A. Meatloaf w/Bread  
B. Stuffed Crust Pizza  
C. Spicy Chicken Sandwich  
D. Turkey & Cheese Wrap  
Mashed Potatoes w/Gravy

**\*Please\***  
remember to take  
at least  
½ cup fruit & or  
veggies for a well  
balance meal

**Daily Lunch Menu Includes**

- Choice of A, B, C, or D Entrées
- Unlimited Fresh Field Bar
- Milk Choice: Strawberry Skim, Chocolate Skim and 1% White

**Meal Prices**

Student Lunch 6-12: \$2.80  
Reduced Lunch: \$.40  
Adult Lunch: \$3.65  
Extra Entrée: \$1.80  
Extra Milk: \$.50

**Fill Up & Fuel Up  
Unlimited Fresh Field Bar**

Vegetables on the menu and on the fruit & vegetable bar meet or exceed all vegetable subgroup weekly requirements

