



EARLY COLLEGE @ DSU Lunch High School

Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017 HOLIDAY BREAK	January 3, 2017 HOLIDAY BREAK	January 4, 2017 HOLIDAY BREAK	January 5, 2017 CHICKEN TENDERS WITH POTATO WEDGES Mixed Vegetables Orange Sorbet 100% Juice Pineapple Cup BBQ Sauce Ketchup Breadstick Milk Choice-1% Fat Free	January 6, 2017 CHEESEBURGER Whole Wheat Bun Whole Kernel Corn Pickle Chips Blended Fruit Juice Pear Cup Ketchup Milk Choice-1% Fat Free
January 9, 2017 POPCORN CHICKEN Maple Baked Beans French Fries Peach Cup Grape Juice BBQ Sauce Ketchup Multigrain Sun Chips Milk Choice-1% Fat Free	January 10, 2017 TOASTY TUESDAY** TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Garden Vegetables Apple Juice Pear Cup Milk Choice-1% Fat Free	January 11, 2017 TACO SCOOPS Whole Kernel Corn Salsa Cup Fresh Orange Blended Fruit Juice Tortilla Rounds Vanilla Cookie Milk Choice-1% Fat Free	January 12, 2017 HOT DOG WITH POTATO ROUNDS Whole Wheat Bun Diced Carrots Fresh Apple Mustard Ketchup (2) Raspberry Cookies Milk Choice-1% Fat Free	January 13, 2017 PEPPERONI PIZZA WRAP Fresh Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Pear Blended Fruit Juice Milk Choice-1% Fat Free
January 16, 2017 MARTIN LUTHER KING JR.	January 17, 2017 PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Grape Juice Mixed Fruit Cup Milk Choice-1% Fat Free	January 18, 2017 *SPECIAL MEAL* CHICKEN DRUMSTICK W/POTATO ROUNDS Green Beans Fresh Baby Carrots Light Ranch Dressing Pear Cup Orange Juice BBQ Sauce Ketchup Corn Muffin Milk Choice-1% Fat Free	January 19, 2017 BAGEL DOG Whole Kernel Corn French Fries Fresh Apple Mustard Ketchup (2) Milk Choice-1% Fat Free	January 20, 2017 CHEESE PIZZA Romaine Lettuce Celery Sticks Light Ranch Dressing Peach Cup Blended Fruit Juice Milk Choice-1% Fat Free
January 23, 2017 WG CHICKEN NUGGETS WITH POTATO ROUNDS Whole Kernel Corn Orange Juice Pear Cup BBQ Sauce Ketchup Snickerdoodle Cookie Milk Choice-1% Fat Free	January 24, 2017 WAGON WHEEL PASTA W/MEATSAUCE Breadstick Italian Mixed Vegetables Applesauce Cup Grape Juice Milk Choice-1% Fat Free	January 25, 2017 PEPPERONI PIZZA Romaine Lettuce Cucumbers Light Ranch Dressing Fresh Banana Pineapple Cup Milk Choice-1% Fat Free	January 26, 2017 *NEW ITEM* BBQ CHICKEN WRAP Maple Baked Beans Fresh Broccoli Light Ranch Dressing Fresh Apple Milk Choice-1% Fat Free	January 27, 2017 CHILI French Fries Fresh Orange Blended Fruit Juice Corn Muffin Ketchup Milk Choice-1% Fat Free
January 30, 2017 MEATLESS MONDAY** CHEESE PIZZA Country Blend Vegetables Mixed Fruit Cup Orange Juice Milk Choice-1% Fat Free	January 31, 2017 *TRY IT TUESDAY!* CHICKEN TENDERS WITH POTATO WEDGES Broccoli w/Cheese Sauce Fresh Baby Carrots Light Ranch Dressing Blended Fruit Juice Pineapple Cup BBQ Sauce Ketchup Vanilla Cookie Milk Choice-1% Fat Free	February 1, 2017	February 2, 2017	February 3, 2017

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

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

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Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017 HOLIDAY BREAK	January 3, 2017 HOLIDAY BREAK	January 4, 2017 HOLIDAY BREAK	January 5, 2017 FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Milk Choice-1% Fat Free	January 6, 2017 GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Mixed Fruit Cup Apple Juice Milk Choice-1% Fat Free
January 9, 2017 CINNAMON TOAST CRUNCH Chocolate Chip Minis Craisins Blended Fruit Juice Milk Choice-1% Fat Free	January 10, 2017 STRING CHEESE Strawberry Mini Bites Mixed Fruit Cup Grape Juice Milk Choice-1% Fat Free	January 11, 2017 COCOA PUFFS Maple Breakfast Square Fresh Apple Milk Choice-1% Fat Free	January 12, 2017 FROSTED FLAKES (LOW SUGAR) Mini Wafer Fresh Pear Orange Juice Milk Choice-1% Fat Free	January 13, 2017 VANILLA YOGURT Peach Mini Loaf Fresh Apple Milk Choice-1% Fat Free
January 16, 2017 MARTIN LUTHER KING JR.	January 17, 2017 APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Milk Choice-1% Fat Free	January 18, 2017 STRING CHEESE Lemon Mini Loaf Fresh Apple Milk Choice-1% Fat Free	January 19, 2017 STRAWBERRY YOGURT Banana Muffin Fresh Orange Blended Fruit Juice Milk Choice-1% Fat Free	January 20, 2017 MINI WHEATS LITTLE BITES Vanilla Waffle Square Fresh Apple Milk Choice-1% Fat Free
January 23, 2017 *Make Your Own Parfait* STRAWBERRY YOGURT Granola Craisins Grape Juice Milk Choice-1% Fat Free	January 24, 2017 CINNAMON TOAST CRUNCH Animal Grahams Peach Cup Blended Fruit Juice Milk Choice-1% Fat Free	January 25, 2017 FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Bar Fresh Apple Milk Choice-1% Fat Free	January 26, 2017 STRING CHEESE Chocolate Chip Mini Loaf Fresh Banana Orange Juice Milk Choice-1% Fat Free	January 27, 2017 RICE KRISPIES Mini Wafer Fresh Apple Milk Choice-1% Fat Free
January 30, 2017 FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Milk Choice-1% Fat Free	January 31, 2017 CINNAMON FLAKES REDUCED SUGAR Graham Crackers Pear Cup Orange Juice Milk Choice-1% Fat Free	February 1, 2017	February 2, 2017	February 3, 2017

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