



Parker Junior High January 2019 6-8 Lunch Smart Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Salad Special: Southwest Salad with Chips* & Salsa <hr/> Spotlight Fruit of the Week: Grapes		January 1 	January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 NO SCHOOL
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas	January 7 NO SCHOOL	January 8 Toasted Cheese Sandwich* with Tomato Soup & Cheddar Goldfish Crackers* California Blend Veggies Pears	January 9 Chipotle Chicken Wrap* Black Beans Broccoli Florets Pineapple	January 10 Build-Your-Own Crunchy Beef Tacos* with Garnish Cup & Salsa Baby Carrots Applesauce	January 11 Chicken & Penne Pasta* with Homemade Alfredo Sauce & Garlic Bread* Capri Blend Veggies Mixed Fruit
Weekly Salad Special: Chicken Caesar Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Fresh Pear	January 14 Chicken Parmesan Sandwich on a Bun* California Blend Veggies Peaches	January 15 Beef Sloppy Joe on a Bun* Baby Carrots Mixed Fruit	January 16 Beef Burrito Bowl* with Black Beans, Corn, Garnish Cup & Salsa Pineapple	January 17 Boneless Chicken Wings with BBQ Dipping Sauce & Honey Wheat Dinner Roll* Scalloped Potatoes Green Beans Applesauce	January 18 Handcrafted Mac & Cheese* Green Peas Pears
Weekly Salad Special: Crispy Chicken Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Grapes	January 21 NO SCHOOL MARTIN LUTHER KING HOLIDAY	January 22 Chicken-Fried Steak with Mashed Potatoes & Country Gravy Cajun-Style Black-Eyed Peas Mini Cornbread Loaf Strawberry Shortcake Cookie* Mixed Fruit 	January 23 Greek-Style Chicken with Honey Wheat Dinner Roll* Brown Rice* Green Beans Pineapple	January 24 Spaghetti* with Turkey Meatballs & Marinara Broccoli Florets Applesauce	January 25 Pepperoni Calzone* with Marinara Sauce Baby Carrots Pears
Weekly Salad Special: Chef Salad with Breadstick* <hr/> Spotlight Fruit of the Week: Bananas	January 28 Chicken Tenders* with BBQ Dipping Sauce & Breadstick* Broccoli Florets Peaches	January 29 Chicken Fajitas with Tortillas*, Flame-Roasted Pepper & Onion & Salsa Baby Carrots Mixed Fruit	January 30 Chicken Corn Dog* Corn Kettle-Baked Beans Pineapple	January 31 Turkey Ham & Cheese Panini* Oven-Baked Spiral-Cut French Fries Applesauce	



Available Each Day: Rainbow Variety Bar, Entrée Salads, Fresh Fruit, Sunbutter & Jelly Sandwich* with Yogurt Cup, Milk (1% & Skim White Plus Fat-Free Chocolate)

Freshly Prepared Additional Entrées Offered Daily

All-American Cheeseburger* / Classic Hamburger* / Spicy Chicken Sandwich* / Grilled Chicken Breast Sandwich* / Pizza* (Big Daddy's extra cheesy Monday-Friday/ Buffalo chicken on Mondays, Wednesdays & Fridays / 4-meat on Tuesdays & Thursdays)

Fresh Deli Sandwiches Served Every Day on a Rotating Basis

Turkey & Cheese* / Roast Beef & Cheddar* / Turkey Ham & Cheese* / Sedona Turkey Sub*
 Tuna Salad* served on a rotational basis

*=Item contains whole grains / ^=Item contains pork / L=Locally sourced / Milk served with lunch contains no artificial growth hormones or antibiotics / Menu is subject to change based on availability and quality of food items

Color Me Orange/Yellow

We are celebrating orange and yellow fruits and vegetables this month. What are the advantages of eating produce from this color group? Orange and yellow fruits and vegetables promote a healthy heart, vision health, and a stronger immune system. Your school's LunchSmart menu includes a rainbow of fruits and vegetables to enhance student well-being. Eating orange and yellow produce is part of the mix and it tastes good, too.

It is synonymous with Oklahoma roadside diners along Route 66. It is also the star of Oklahoma's official meal. We are talking about chicken-fried steak. Join the **Culinary Explorations** team in **Oklahoma City** for a lunch that does the city proud. Did you know Oklahoma City is one of only two capital cities with their state name as part of the city name? The other is Indianapolis.

