

# HIGH SCHOOL



## LAMESA • High School • January 9 – March 15

Menu is subject to change without notice and is based on availability and seasonality of food items. Breakfast items are listed in orange italics. EVERYDAY BREAKFAST OPTION: Cereal: choice of Honey Nut Cheerios, Cocoa Puffs, Lucky Charms, or Cinnamon Toast Crunch Lunch entrée choices are listed below in bold type. Sides are listed in italics below the calendar.

### BREAKFAST

Student *estudiantes* .....no charge  
Faculty *facultad* ..... \$3.25

### LUNCH

Student *estudiantes* .....no charge  
Faculty *facultad* ..... \$5.00

Check out the Daily Special for the Faculty/Staff.

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

### EVERYDAY SIDES

(available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Banana • Broccoli fresh/steamed • Celery Sticks • Diced Peaches • Diced Pears • Emoji Potato Rounds • Golden Corn • Green Beans • Kickin' Pinto Beans • Mashed Potatoes • Mixed Fruit • Pear • Red Pepper Strips • Refried Beans • Romaine Side Salad • Sliced Tomatoes • Apple Juice • Fruit Juice • Orange Juice

**MILK** 1% White Milk  
Skim Chocolate Milk

EVERYDAY LUNCH OPTION:  
PB&J Sandwich



**MY SCHOOL BUCKS**  
ADD MONEY TO YOUR ACCOUNT:  
Online & Mobile app  
Convenient to monitor spending, add funds and more!



NATIONAL SCHOOL BREAKFAST WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JAN 8</b> <b>STUDENT HOLIDAY</b>	<b>JAN 9</b> <i>Blast Cheese Sandwich</i> <i>Cheesy Scrambled Eggs &amp; Sausage</i> Nacho Cheese Doritos Walkin' Taco Chicken Nuggets w/Roll Meatball & Parm Sub Melt	<b>JAN 10</b> <i>Sausage Biscuit</i> <i>Yogurt &amp; Grahams</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll	<b>JAN 11</b> <i>Chocolate Crescent</i> <i>Mini Pancake &amp; Sausage Bites</i> Thai Chicken & Rice Bowl Meatball & Parmesan Sub Melt Santa Fe Turkey Wrap	<b>JAN 12</b> <i>Cheesy Scrambled Eggs</i> <i>w/Bacon &amp; Toast</i> <i>Cinnamon Breakfast Round</i> BuffChicken Mac & Cheese w/Parm&BlkPepper Flatbread Chicken Nuggets w/Roll PopChicken & Cheese Salad w/Roll
<b>JAN 15</b> <b>SCHOOL HOLIDAY</b>	<b>JAN 16</b> <i>Blueberry Muffin</i> <i>Cinnamon Roll</i> Buffalo Chicken & Fries Bowl w/Flatbread Hot Dog • Grilled Cheese LTO Turkey Barbarco-Birria	<b>JAN 17</b> <i>Powdered Sugar Donut</i> <i>Egg, Ham &amp; Cheese</i> <i>TaterTot Taco</i> Chicken Fried Steak & Country Gravy w/Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<b>JAN 18</b> <i>Breakfast Sausage Pizza</i> <i>Cocoa Puff Pastry</i> Waffle & Syrup w/Sausage Links Chicken Nuggets w/Roll Ham, Turkey & Swiss Sub	<b>JAN 19</b> <i>Cinnamon Chip Scone</i> <i>Sausage Kolache</i> Meatball Pizza Melt Sub Chicken Waffle Sandwich Popcorn Chicken & Cheese Salad w/Roll
<b>JAN 22</b> <i>Cheesy Scrambled Eggs</i> <i>w/Bacon &amp; Toast</i> <i>Chocolate Chip Muffin</i> Fish Melt Sandwich Chicken Nuggets w/Roll Chicken Nacho Salad w/Roll	<b>JAN 23</b> <i>Egg &amp; Sausage Biscuit</i> <i>Chocolate Waffle &amp; Syrup</i> Cheese Enchilada & Spanish Rice Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt	<b>JAN 24</b> <i>Maple Sausage Pancake</i> <i>Wrap on a stick</i> <i>Strawberry Yogurt Parfait</i> Nacho Cheese Doritos Walkin' Taco Grilled Cheese Ham Chef Salad w/Roll	<b>JAN 25</b> <i>Cinna Toast Crunch</i> <i>Pumpkin Spice Donut</i> <i>Sausage Kolache</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Ham & Cheese Sub	<b>JAN 26</b> <i>Breakfast Bacon Pizza</i> <i>Ham Pancake Sandwich</i> <b>EARLY RELEASE</b>
<b>JAN 29</b> <i>Cheesy Scrambled Eggs</i> <i>w/Bacon &amp; Toast</i> <i>Sausage Kolache</i> Chicken Fried Steak & Roll Chicken Nuggets w/Roll Chicken Nacho Salad & Roll	<b>JAN 30</b> <i>Breakfast Sausage Pizza</i> <i>Apple Cinnamon Muffin</i> Chicken Alfredo Penne Pasta Bake w/Garlic Toast Grilled Cheese Ham & Cheese Sub	<b>JAN 31</b> <i>Egg &amp; Sausage Biscuit</i> <i>Glazed Cinnamon Roll</i> Chicken Dumpling & Egg-Fried Rice Ham, Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<b>FEB 1</b> <i>Blueberry Muffin Top</i> <i>Chicken Biscuit Melt</i> French Toast Sticks w/Syrup & Sausage Ham, Roasted Onion & Cheese Sandwich	<b>FEB 2</b> <i>Mixed Berry Scone</i> <i>Cheese-Stuffed Breadstick</i> Beef & Cheese Totchos w/Roll Chicken Nacho Salad & Roll
<b>FEB 5</b> <i>Breakfast Bacon Pizza</i> <i>Apple Cinnamon Muffin</i> Salisbury Steak & Gravy w/Roll Chicken Nuggets & Roll Ham & Mozzarella Cheese Salad w/Roll	<b>FEB 6</b> <i>Sugar Pumpkin Spice Donut</i> <i>Sausage Kolache</i> Cheese Enchilada & Spanish Rice Philly Cheesesteak Sub Turkey BaBoom Sub	<b>FEB 7</b> <i>Chocolate Chip Muffin</i> <i>Egg, Cheese, Ham &amp; TaterTot Taco</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll Chicken Nuggets w/Roll Chicken Nacho Salad & Roll	<b>FEB 8</b> <i>Maple Sausage Pancake</i> <i>Wrap on a stick</i> <i>Waffle &amp; Syrup</i> BBQ Chicken Sandwich Corn Dog Ham, Turkey & Swiss Cheese Sandwich	<b>FEB 9</b> <i>Egg &amp; Ham Biscuit Melt</i> <i>Yogurt &amp; Grahams</i> Cheesy Penne Pasta Chicken Nuggets w/Roll Popcorn Chicken & Cheese Salad w/Roll
<b>FEB 12</b> <b>STUDENT HOLIDAY</b>	<b>FEB 13</b> <i>Blast Cheese Sandwich</i> <i>Cheesy Scrambled Eggs &amp; Sausage</i> Nacho Cheese Doritos Walkin' Taco Chicken Nuggets w/Roll Meatball & Parm Sub Melt LTO Thai Shrimp Noodle Bowl	<b>FEB 14</b> <i>Sausage Biscuit</i> <i>Yogurt &amp; Grahams</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll Special treat for friends eating a school lunch today!	<b>FEB 15</b> <i>Chocolate Crescent</i> <i>Mini Pancake &amp; Sausage Bites</i> Thai Chicken & Rice Bowl Meatball & Parmesan Sub Melt Santa Fe Turkey Wrap	<b>FEB 16</b> Breakfast & Lunch ALL STUDENTS pick-up 10A–12NOON at either Middle or High School REMOTE CONTACT DAY
<b>FEB 19</b> <b>SCHOOL HOLIDAY</b>	<b>FEB 20</b> <i>Blueberry Muffin</i> <i>Cinnamon Roll</i> Buffalo Chicken & Fries Bowl w/Flatbread Hot Dog • Grilled Cheese National Muffin Day	<b>FEB 21</b> <i>Powdered Sugar Donut</i> <i>Egg, Ham &amp; Cheese</i> <i>TaterTot Taco</i> Chicken Fried Steak & Country Gravy w/Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<b>FEB 22</b> <i>Breakfast Sausage Pizza</i> <i>Cocoa Puff Pastry</i> Waffle & Syrup w/Sausage Links Chili • Chili Day Ham, Turkey & Swiss Sub	<b>FEB 23</b> <i>Cinnamon Chip Scone</i> <i>Sausage Kolache</i> Meatball Pizza Melt Sub Chicken Waffle Sandwich Popcorn Chicken & Cheese Salad w/Roll
<b>FEB 26</b> <i>Cheesy Scrambled Eggs</i> <i>w/Bacon &amp; Toast</i> <i>Chocolate Chip Muffin</i> Fish Melt Sandwich Chicken Nuggets w/Roll Chicken Nacho Salad w/Roll	<b>FEB 27</b> <i>Egg &amp; Sausage Biscuit</i> <i>Chocolate Waffle &amp; Syrup</i> Cheese Enchilada & Spanish Rice Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt	<b>FEB 28</b> <i>Maple Sausage Pancake</i> <i>Wrap on a stick</i> <i>Strawberry Yogurt Parfait</i> Nacho Cheese Doritos Walkin' Taco Grilled Cheese Ham Chef Salad w/Roll	<b>FEB 29</b> <i>Cinna Toast Crunch</i> <i>Pumpkin Spice Donut</i> <i>Sausage Kolache</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Ham & Cheese Sub	<b>MAR 1</b> <i>Breakfast Bacon Pizza</i> <i>Ham Pancake Sandwich</i> Buffalo Chicken Nuggets Celery Sticks w/Breadstick Grilled Cheese PopChicken & Cheese Salad w/Roll
<b>MAR 4</b> <i>Cheesy Scrambled Eggs</i> <i>w/Bacon &amp; Toast</i> <i>Sausage Kolache</i> Chicken Fried Steak & Roll Chicken Nuggets w/Roll Chicken Nacho Salad & Roll	<b>MAR 5</b> <i>Breakfast Sausage Pizza</i> <i>Apple Cinnamon Muffin</i> Chicken Alfredo Penne Pasta Bake w/Garlic Toast Grilled Cheese Ham & Cheese Sub	<b>MAR 6</b> <i>Egg &amp; Sausage Biscuit</i> <i>Glazed Cinnamon Roll</i> Chicken Dumpling & Egg-Fried Rice Ham, Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<b>MAR 7</b> <i>Blueberry Muffin Top</i> <i>Chicken Biscuit Melt</i> French Toast Sticks w/Syrup & Sausage Ham, Roasted Onion & Cheese Sandwich	<b>MAR 8</b> <i>Mixed Berry Scone</i> <i>Cheese-Stuffed Breadstick</i> <b>EARLY RELEASE</b>

March 11–15 • SPRING BREAK! | Have fun, be safe, see you in a week!

### HIGH SCHOOL • MORE CHOICES • MADE-TO-ORDER • EVERYDAY

GRILL	Spicy Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger
SPECIALTY	Pizza: Cheese/Pepperoni	MEXICAN FOOD BAR featured entrée rotates each week: quesadilla, tacos, burrito, taco-to-go	Pizza: Cheese/Pepperoni	NACHO BAR	Pizza: Cheese/Specialty Slice

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

**aramark**  
STUDENT NUTRITION