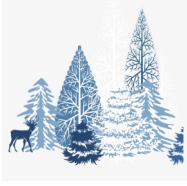
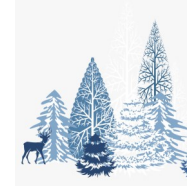


Available Daily:
 -Yogurt & Cheese -Baby Carrots
 Stick with Homemade
 Granola
 -Chicken Patty Sandwich

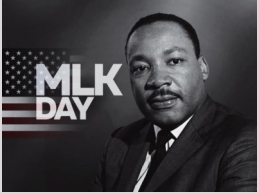



Old Orchard Beach High School



Milks Choices:
 1% Milk
 Skim Milk
 Chocolate Milk
 (selections may vary by day)

January Lunch Menu

3 Garlic Parmesan Flatbread Sweet Steamed Carrots Mixed Fruit	4 Cheeseburger or Hamburger Cucumbers Roasted Chickpeas Apples	5 BRUNCH FOR LUNCH Cheese Omelet or Sausage with French Toast Sticks Hash Browns Orange Slices	6 Meatball Subs Garlic Roasted Green Beans Diced Pears	7 Big Daddy's Pizza Steamed Broccoli Bananas
10 Grilled Cheese Tomato Soup Diced Peaches	11 Chicken Tenders with Garlic Knot Baked Beans Grapes	12 EARLY RELEASE DAY Bosco Sticks Green Pepper Slices Apples	13 Chicken and Waffles Mashed Potatoes Strawberries	14 Cheese Bites with Marinara Side Salad with Cherry Tomatoes Mixed Fruit
17 	18 Macaroni & Cheese with a Breadstick Red Pepper Slices Diced Peaches	19 Philly Cheesesteaks with Maine Beef Garlic Roasted Maine Potatoes Apples 	20 Big Daddy's Pizza Cucumbers Cantaloupe	21 Chicken Patty Sandwiches Steamed Broccoli Bananas
24 Hot Dogs Baked Sweet Potato Fries Grapes	25 Popcorn Chicken with a Soft Pretzel Corn Blueberry Crisp	26 Baked Mozzarella Sticks with Marinara Garlic Roasted Green Beans Diced Peaches	27 TACO DAY! Ground Beef Tacos with Brown Rice Refried Beans Orange Slices	28 Chicken Nuggets with a Cheesy Breadstick Fresh Broccoli with Dip Diced Pears

31
Chicken Quesadillas
Fiesta Lime Corn
Apples

Mid-Term Lunches
January 18-21
served between exams
and before dismissal



*January's Harvest of the
 Month is
 Maine Potatoes!*



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Caesar Salad	Ranch Chicken BLT Salad	Buffalo Chicken Salad	Harvest Salad	Chef's Salad

This institution is an equal opportunity employer.

Menu is subject to change.