



# Raton High School Lunch Menu

JANUARY 2012



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2 Grilled Ham & Cheese on Whole Wheat**  
Soup  
Crackers  
Fruit Cup  
*Low Fat Milk Daily*

**3 Chicken Fajita**  
Tortilla  
Salsa  
Corn  
Fresh Fruit  
*Low Fat Milk Daily*

**4 Mini Corn Dogs**  
Baked Beans  
Romaine Garden Salad  
Fruit Cup  
*Low Fat Milk Daily*

**5 Frito Pie**  
Mixed Vegetables  
Oatmeal Cookie  
Fresh Fruit  
*Low Fat Milk Daily*

**6 Professional Day**  
(no school)

**9 Pizza Dippers**  
Marinara Sauce  
Garden Salad  
Fruit Cup  
Pretzels  
*Low Fat Milk Daily*

**10 Beef Tacos**  
Shredded Cheese  
Fresh Salsa  
Refried Beans  
Fresh Fruit  
*Low Fat Milk Daily*

**11 Pepperoni Pizza**  
Garden Salad  
Warm Breadstick  
Marinara Sauce  
Fruit Cup  
*Low Fat Milk Daily*

**12 Green Chile Chicken Enchiladas**  
Pinto Beans  
Spanish rice  
Fruit Cup  
*Low Fat Milk Daily*

**13 Deli Turkey on Whole Wheat**  
Pasta Salad  
Celery Sticks w/Dip  
Fruit Cup  
*Low Fat Milk Daily*

**16 Chicken Nuggets**  
Mash Potatoes & Gravy  
WW Dinner Roll  
Fresh Fruit  
*Low Fat Milk Daily*

**17 Baked Lasagna**  
Garden Salad  
Garlic Bread  
Fruit Cup  
*Low Fat Milk Daily*

**18 Frito Pie**  
Warm Corn Bread  
Hot Vegetables  
Fresh Fruit  
*Low Fat Milk Daily*

**19 Grilled Turkey & Cheese on WW**  
Homemade Soup  
Sweet Potato Fries  
Fresh Fruit  
*Low Fat Milk Daily*

**20 Bean & Cheese Tostada**  
Spanish rice  
Lettuce & Tomato Salsa  
Fresh Fruit  
*Low Fat Milk Daily*

**23 Hot Dog**  
Sweet Potato Fries  
Fresh Fruit  
Pretzels  
*Low Fat Milk Daily*

**24 Homemade Chili**  
Tater Tots  
Fresh Fruit  
Cinnamon Sticks  
*Low Fat Milk Daily*

**25 Nachos (Beef & Bean)**  
Spanish rice  
Garden Salad  
Fresh Fruit  
*Low Fat Milk Daily*

**26 Cheeseburger on WW Bun**  
Green Beans  
Fruit Cup  
*Low Fat Milk Daily*

**27 Chicken Parmesan**  
Brown Rice  
Seasoned Carrots  
Fortune Cookie  
*Low Fat Milk Daily*

**30 Pizza Wedge**  
Romaine Garden Salad  
Graham Crackers  
Fresh Fruit  
*Low Fat Milk Daily*

**31 Spaghetti with Meat Sauce**  
Spinach Salad  
Garlic Bread  
Fruit Cup  
*Low Fat Milk Daily*

**All Meals include choice of Sides and Choice of Milk**

**Sides Include:**  
Spicy Sweet Potatoes  
OR Tater Tots  
AND Garden Salad  
Assorted Veggies  
Fresh Fruit



**Did you Know?**

Free & Reduced lunch applications are available at the school office

*Don't miss another Delicious Lunch*

**The Grille**

Hot Ham & Cheese Chicken Sandwich  
**Tue**  
Green Chili Cheeseburger Chicken Sandwich  
**Wed**  
Hot Ham & Cheese Chicken Sandwich  
**Thu**  
Green Chili Cheeseburger Chicken Sandwich  
**Fri**  
Hot Ham & Cheese Chicken Sandwich

**fresh takes**

Specialty Spinach Salad  
**Tue**  
Taco Entrée Salad  
**Wed**  
Southwest Chicken Salad  
**Thu**  
Chicken Caesar Salad  
**Fri**  
Chef Salad

**Bravo**

**Pizza Wedge Calzone Daily!**

Served with Assorted Sides!

**Meal Prices**

Lunch Prices:

Paid: 2.50  
Reduced 0.40  
A la Carte Milk: 0.50  
Adult Meal 3.25

