

**Melba School District**  
**003 - MELBA HIGH SCHOOL**  
**Jan 2025 Lunch Menu**  
**MID/HIGH**

| <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>       |
|---|--|---|---|---------------------|
| Jan - 6<br>NACHOS or<br>Mini Corn Dogs<br>MACARONI & CHEES<br>BROCCOLI,raw<br>FRUIT<br>MILK   | Jan - 7<br>PIZZA<br>BAKED BEANS<br>SALAD,GREEN<br>FRUIT<br>MILK  | Jan - 1<br>Jan - 8<br>POPCORN CHICKEN<br>MASHED POTATOES<br>CHICKEN GRAVY<br>GREEN BEANS<br>FRUIT<br>FRESHLY BAKED BR<br>MILK | Jan - 2<br>Jan - 9<br>SALAD BAR or<br>TURKEY, HAM, BEEF<br>COMBINATION SUB.<br>CARROT STICKS<br>POTATO CHIPS<br>FRUIT<br>MILK | Jan - 3<br>Jan - 10 |
| Jan - 13<br>NACHOS or<br>MANDARIN CKN<br>BROWN RICE<br>BROCCOLI<br>EGG ROLLS<br>FRUIT<br>MILK | Jan - 14<br>PIZZA<br>BAKED BEANS<br>SALAD,GREEN<br>FRUIT<br>MILK | Jan - 15<br>FINGER STKS<br>MASHED POTATOES<br>GREEN BEANS<br>CHICKEN GRAVY<br>FRUIT<br>FRESHLY BAKED BR<br>MILK               | Jan - 16<br>SALAD BAR or<br>SLOPPY JOES<br>FRENCH FRIES<br>CARROT STICKS<br>FRUIT<br>MILK                                     | Jan - 17            |
| Jan - 20<br>NACHOS or<br>RIB-A-QUE/CHEESE<br>BROCCOLI,raw<br>TATER TOTS<br>FRUIT<br>MILK      | Jan - 21<br>PIZZA<br>BAKED BEANS<br>SALAD,GREEN<br>FRUIT<br>MILK | Jan - 22<br>CHICKEN CHUNKS<br>MASHED POTATOES<br>CHICKEN GRAVY<br>GREEN BEANS<br>FRUIT<br>FRESHLY BAKED BR<br>MILK            | Jan - 23<br>SALAD BAR or<br>TURKEY, HAM, BEEF<br>COMBINATION SUB.<br>CARROT STICKS<br>POTATO CHIPS<br>FRUIT<br>MILK           | Jan - 24            |
| Jan - 27<br>NACHOS or<br>CHEESEBURGER<br>CARROT STICKS<br>TATER TOTS<br>FRUIT<br>MILK         | Jan - 28<br>PIZZA<br>BAKED BEANS<br>SALAD,GREEN<br>FRUIT<br>MILK | Jan - 29<br>CHICKEN SANDWICH<br>POTATO CHIPS<br>BROCCOLI,raw<br>FRUIT<br>MILK   | Jan - 30<br>SALAD BAR or<br>SPAGHETTI AND ME<br>SALAD,GREEN<br>FRESHLY BAKED BR<br>FRUIT<br>MILK                              | Jan - 31            |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**