

## January Middle/High Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
Charleston Sexcellence is our standard County SCHOOL DISTRICT	1 Winter Break No School	Winter Break No School	3 Winter Break No School	Teacher Workday No School
7 Chicken Tenders w/Fries Beef Tornados w/ Queso Blanco Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	Bacon Cheeseburger* w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	9 Charleston Chicken Sandwich* w/Fries Mashed Potato Bar (V/O) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	Orange Chicken w/ Brown Rice Salisbury Steak w/ Mashed Potatoes & Texas Toast Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	Beef and/or Cheese (V) Nacho Bar* Chicken & Waffles Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple
Chicken Tenders w/Fries Chicken, Bacon, & Cheddar Ciabatta w/ Fries* Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	Bacon Cheeseburger* w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	Charleston Chicken Sandwich* w/Fries Homemade Grilled Cheddar Cheese Sandwich w/ Fries (V) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	Orange Chicken w/ Brown Rice Mini Corn Dog Pups w/ Fries Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	Bacon Cheeseburger w/Fries Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple  Early Release Day for Students
No School  MARTIN LUTHER KING DAY	All Beef Hot Dog w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	Charleston Chicken Sandwich* w/ Fries Cheesy French Bread w/ Marinara (V) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	Orange Chicken w/ Brown Rice Chicken, Bacon, & Cheddar Ciabatta w/ Fries* Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	Beef and/or Cheese(V) Nacho Bar* Beef Empanadas w/ Spanish Rice Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Gala Apple
Chicken Tenders w/Fries Beef Tornados w/ Queso Blanco Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Granny Smith Apple	Bacon Cheeseburger* w/Fries General Tso's Chicken w/ Brown Rice Yogurt Parfait Basket (V) 100% Apple Juice Pear	Charleston Chicken Sandwich* w/Fries Mashed Potato Bar (V/O) Yogurt Parfait Basket (V) Zee Zee's Dried Fruit Orange	Orange Chicken w/ Brown Rice Salisbury Steak w/ Mashed Potatoes & Texas Toast Yogurt Parfait Basket (V) 100% Fruit Punch Juice Banana	

Offered Daily:
Assorted Fruit,
Celery, Carrots,
Side Salad, & Hummus

\*Toppings Bar

(V) Vegetarian (V/O) Vegetarian Option

> Premium Meals Offered Daily \$3.50

~ Chicken Wings w/ Texas Toast

~Pizza Bar (V/O)

## **Lunch Meal Price:**

K-12 \$2.25 Reduced \$ .40 Adult \$3.75 Milk \$ .50

> Nutrition Services Charleston County School District

> > 843-566-8180

www.ccsdschools.com