

Check out NEW menu items highlighted in **PURPLE**. Tell us what you think!

# JANUARY 2020

## Henderson Collegiate – High School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

<p>WINTER BREAK NO SCHOOL</p> <p>6</p>	<p>WINTER BREAK NO SCHOOL</p> <p>7</p>	<p>WINTER BREAK NO SCHOOL</p> <p>8</p>	<p>WINTER BREAK NO SCHOOL</p> <p>9</p>	<p>WINTER BREAK NO SCHOOL</p> <p>10</p>
<p>Bagel, Cream Cheese, Jam Fresh Fruit</p> <p>13</p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich Carrots, Fuitable Fresh Fruit</p>	<p>Cereal Bars (2) Fresh Fruit</p> <p>14</p> <p>Hamburger with WG Bun Kidney Beans Tossed Salad Fresh Fruit</p>	<p>Cinnamon Roll Fresh Fruit</p> <p>15</p> <p>Classic Chicken Sandwich Choice of Sauce: BBQ or Spicy Ranch Creamy Corn, Fresh Green Salad Fresh Fruit</p>	<p>Yogurt, Granola Fresh Fruit</p> <p>16</p> <p>HC Nacho Bar! Ground beef, sour cream, shredded cheddar, chopped lettuce, sassy salsa, WG chips Fiesta Black Beans Fresh Fruit</p>	<p>Superdonut Fresh Fruit</p> <p>17</p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich Baby Carrots, Celery Sticks Fresh Fruit</p>
<p>HOLIDAY NO SCHOOL</p> <p>20</p>	<p>Yogurt, WG Muffin Fresh Fruit</p> <p>21</p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich Carrots, Fuitable Graham Crackers Fresh Fruit</p>	<p>Bagel, Cream Cheese Fresh Fruit</p> <p>22</p> <p>PBJ or Turkey Ham &amp; Cheese Sandwich Carrots, Fuitable Cheese Stick Fresh Fruit</p>	<p>Appleways Fresh Fruit</p> <p>23</p> <p><b>Homemade Ham &amp; Cheese Sandwich</b> 3 Bean Salad, Carrots Chips Fresh Fruit</p>	<p>Cereal Bars (2) Fresh Fruit</p> <p>24</p> <p>Chicken Biscuit (2) Broccoli Potato Salad Fresh Fruit</p>
<p>Apple Frudel, Cheese Stick Fresh Fruit</p> <p>27</p> <p>HC Nachos (kidney/pinto/turkey mix; cheddar, sassy salsa, chopped lettuce, corn, WG yellow corn tortilla chips) Fresh Fruit</p>	<p>WG Biscuit, Hardboiled Eggs Fresh Fruit</p> <p>28</p> <p>Winter Ragù (meaty red sauce) over WG Spiral Pasta, Parmesan Cheese Fresh Green Salad, Cherry Tomatoes WG Roll Fresh Fruit</p>	<p>Cinnamon Roll Fresh Fruit</p> <p>29</p> <p>Chicken Fajita (2 WG tortillas) Chili Lime Corn Salad Mexican Jumping Beans Fresh Fruit</p>	<p>WG English Muffin, Sausage Fresh Fruit</p> <p>30</p> <p>Breakfast for Lunch: Omelet, WG Pancakes Spinach Salad Fresh Fruit</p>	<p>Poptarts (2) Fresh Fruit</p> <p>31</p> <p><b>Homemade Ham &amp; Cheese Sandwich</b> Cucumber Sticks, Baby Carrots Fresh Fruit Sunchips</p>

Henderson Collegiate is an equal opportunity provider and employer.  
 Questions? Ideas? Allergy concerns? Contact the School Nutrition Manager (skelley@hendersoncollegiate.org).  
 Menu subject to change based on product availability. Check website or call for updates.