


# JANUARY 2012

## ISHPEMING HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 2</p>  <p style="font-size: small;">All LayedOut.com</p>	<p>Jan - 3</p> <p>CHOICE #1 CHILI FILLED BREAD BOULE CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 CHEESY BREAD STICKS-BOSCO MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT &amp; VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 4</p> <p>CHOICE #1 THREE MEAT &amp; CHEESE SUB OR TURKEY,BACON&amp; CHEESE SUB POTATO CHIPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PORK EGG ROLLS FRIED RICE CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT &amp; VEGETABLES CONDIMENTS ULM% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 5</p> <p>CHOICE 41 NACHOS WITH GROUND BEEF NACHO FIXING CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF PASTY CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT &amp; VEGETABLES CONDIMENTS MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 6</p> <p>CHOICE #1 BREADED MOZZ. CHEESE STICKS PIZZA SAUCE CUPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF &amp; BEAN BURRITO SPANISH RICE CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT &amp; VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>
<p>Jan - 9</p> <p>CHOICE #1 TURKEY SLIDER SUN CHIPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PIZZA STICKS MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT &amp; VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 10</p> <p>CHOICE #1 MACARONI AND CHEESE (NEW) CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 CHEESY BREAD STICKS-BOSCO MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT &amp; VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 11</p> <p>CHOICE #1 THREE MEAT &amp; CHEESE SUB OR TURKEY,BACON&amp; CHEESE SUB CHOICE 42 LITTLE CAESAR'S PIZZA CHOICE #3 PORK EGG ROLLS FRIED RICE CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT &amp; VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan - 12</p> <p>CHOICE #1 CHICKEN STRIPS RICE PILAF CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF PASTY CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT &amp; VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>	<p>Jan-15</p> <p>CHOICE #1 SOFT PRETZELS CHILI CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF &amp; BEAN BURRITO SPANISH RICE CHOICE #4 SALAD BAR WITH WRAPS AU_ CONDIMENTS FRUIT &amp; VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim</p>

**11/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

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 16 CHOICE #1 HAMBURGER ON A BUN FRENCH FRIES CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PIZZA STICKS MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK, 1% Chocolate MILK 1% Lowfat MILK,Skim	Jan - 17 CHOICE #1 CHICKEN POT PIE BREAD BOULE CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 CHEESY BREAD STICKS-BOSCO MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MI LK,1% Chocolate MI LK,1% Lowfat MILK,Skirc	Jan - 18 CHOICE #1 THREE MEAT & CHEESE SUB OR TURKEY,BACON& CHEESE SUB CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PORK EGG ROLLS FRIED RICE CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MI LK,1% Chocolate MILK,1% Lowfat MILK,Skim	Jan - 19 CHOICE #1 CHICKEN FAJITAS NACHO FIXINS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF PASTY CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MIK,1% Lowfat MILK,Skim	Jan - 20 CHOICE #1 BREADED MOZZ, CHEESE STICKS MARINARA SAUCE CUP CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF & BEAN BURRITO SPANISH RICE CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK - Variety
Jan - 23 CHOICE #1 CHICKEN PATTY ON A BUN SUN CHIPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PIZZA STICKS MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MI LK,1% Chocolate MI LK,1% Lowfat MILK,Skim	Jan - 24 CHOICE #1 SPAGHETTI AND MEAT SAUCE CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 CHEESY BREAD STICKS-BOSCO MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim	Jan - 25 CHOICE #1 THREE MEAT & CHEESE SUB OR TURKEY,BACON& CHEESE SUB CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PORK EGG ROLLS FRIED RICE CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK-Variety	Jan - 26 CHOICE #1 POPCORN CHICKEN MASHED POTATOES & GRAVY CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF PASTY CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim	Jan - 27 CHOICE #1 SOFT PRETZELS CHILI CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF & BEAN BURRITO SPANISH RICE CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK,1% Chocolate MIMI% Lowfat MILK,Skim

\*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.

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I	Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 30	CHOICE 41 GRILLED CHEESE CHICKEN NOODLE SOUP SUN CHIPS CHOICE 42 LITTLE CAESAR'S PIZZA CHOICE #3 PIZZA STICKS MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK,1% Chocolate MILK,1% Lowfat MILK,Skim	Jan - 31 CHOICE #1 PHILLY STEAK SANDWICH CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 CHEESY BREAD STICKS-BOSCO MARINARA SAUCE CUP CHOICE #4 SALAD BAR WITH WRAPS ALL CONDIMENTS FRUIT & VEGETABLES MILK,1c/D Chocolate MILK,1% Lowfat MILKS kim	Feb - 1 CHOICE #1 THREE MEAT & CHEESE SUB OR TURKEY,BACON& CHEESE SUB POTATO CHIPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 PORK EGG ROLLS FRIED RICE CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim	Feb - 2 CHOICE #1 TACOS SOFT/HARD SHELLS TACO FLANS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF PASTY CHOICE 114 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim	Feb - 3 CHOICE #1 BREADED MOZZ. CHEESE STICKS PIZZA SAUCE CUPS CHOICE #2 LITTLE CAESAR'S PIZZA CHOICE #3 BEEF & BEAN BURRITO SPANISH RICE CHOICE #4 SALAD BAR WITH WRAPS ALL FRUIT & VEGETABLES CONDIMENTS MILK,1% Chocolate MILK,1% Lowfat MILK,Skim

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