



New Springs Secondary

HILLSBOROUGH COUNTY PUBLIC SCHOOLS SATELLITE MENU JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 BREAKFAST Peanut Butter & Jelly Bar Raisin Box Juice LUNCH Southern Style chicken Bites Baked Sweet Plantains Seasoned Black Beans 100% 4oz Juice Sun Chips Assorted Low Fat Milk</p>	<p>6 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Spaghetti w/ Meatballs Carrot Soufflé Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>7 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Chicken & yellow Rice Broccoli w/ Lite Ranch Dip Fresh Garden Side Salad Fresh Banana Roll Assorted Low Fat Milk</p>	<p>8 BREAKFAST Dannon® Yogurt w/ Homemade Granola Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Teriyaki Chicken w/Brown Rice Herbed Green Beans Fresh Garden Side Salad Peach Cup Assorted Low Fat Milk</p>	<p>9 BREAKFAST French Toast Sticks w/ Syrup Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Harvest Chili w/ Tostitos Scoops Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Assorted Juice Assorted Low Fat Milk</p>
<p>12 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Sweet and Sour Chicken with Yellow Rice Seasoned Black Beans Fresh Garden Side Salad 100% 4oz Juice Assorted Low Fat Milk</p>	<p>13 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Rosemary Roasted Chicken w/ Quinoa Pilaf Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>14 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Macaroni & Cheese Sweet Potato Soufflé Broccoli w/ Lite Ranch Dip Fresh Banana Assorted Low Fat Milk</p>	<p>15 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Ravioli w/Homemade Marinara Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Applesauce Assorted Low Fat Milk</p>	<p>16 Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Chicken Verde Burrito Herbed Green Beans Fresh Garden Side Salad Peach Cup Assorted Low Fat Milk</p>
<p>19 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Baked Ziti Sweet Honey Glazed Carrots Fresh Garden Side Salad 100% 4oz Juice Assorted Low Fat Milk</p>	<p>20 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Santa Fe Chicken Tacos Seasoned Black Beans Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>21 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Crispy Chicken Sandwich Cheesy Spinach Bake Fresh Garden Side Salad Fresh Banana Assorted Low Fat Milk</p>	<p>22 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Southern Style chicken Bites Baby Carrots w/ Lite Ranch Dip Applesauce Assorted Low Fat Milk</p>	<p>23 BREAKFAST Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Classic Cheeseburger Whole Kernel Corn Fresh Garden Side Salad Peach Cup Assorted Low Fat Milk</p>
<p>26 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Chicken & Yellow Rice Baked Sweet Plantains Seasoned Black Beans 100% 4oz Juice Fresh Baked Roll Assorted Low Fat Milk</p>	<p>27 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Spaghetti w/ Meatballs Carrot Soufflé Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>28 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Southern Style Chicken Bites Broccoli w/ Lite Ranch Dip Fresh Garden Side Salad Fresh Banana Assorted Sun Chips Assorted Low Fat Milk</p>	<p>29 BREAKFAST Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Classic Cheeseburger Herbed Green Beans Fresh Garden Side Salad Applesauce Assorted Low Fat Milk</p>	<p>30 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Harvest Chili w/ Tostitos Scoops Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Peach Cup Assorted Low Fat Milk</p>