

# What's on the Menu?

## Staples High School Lunch Menu January 3-7

Monday	Tuesday	Wednesday	Thursday	Friday
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### create

Menu Items	Menu Items	Menu Items	Menu Items	Menu Items
Hand Rolled Sushi! By Yamato Sushi	Chipotle Lime Taco Bowl	Pulled Pork Fries	Build Your Own Beef Nachos!	Sweet and Sour Chicken over Rice Mixed Vegetable

### grilled

Chicken Ranch Wrap	Philly Steak	BBQ Chicken sandwich	Chicken Parm Grinder	Nashville Hot Chicken Sandwich
Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger
Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries



Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza
Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza



By the oz. Bar	By the oz. Bar	By the oz. Bar	By the oz. Bar	By the oz. Bar
<b>Italian Feast!</b> Pasta Sauce Sides	<b>Italian Feast!</b> Pasta Sauce Sides	<b>Italian Feast!</b> Pasta Sauce Sides	<b>Italian Feast!</b> Pasta Sauce Sides	<b>Italian Feast!</b> Pasta Sauce Sides



Vegetarian



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# What's on the Menu?

## Staples High School Lunch Menu January 10-14

Monday	Tuesday	Wednesday	Thursday	Friday
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### create

Protein

Menu Items	Menu Items	Menu Items	Menu Items	Menu Items
Chicken or Cheese Quesadillas Spanish Rice	Penne Pasta w/meatballs	Sweet and Sour Chicken Over Rice	Pasta w/ meat sauce	Thai BBQ Chicken Rice and Beans Vegetable

### grilled

Chicken BLT	BBQ Pulled Pork	Chicken Cordon Bleu	Deluxe Grilled Cheese	Chicken Quesadilla
Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger
Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries	Seasoned Fries



Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza	Old World Style Classic Cheese Pizza
Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza	Traditional Italian Pepperoni Pizza

### Roadtrip

By the oz. Bar	By the oz. Bar	By the oz. Bar	By the oz. Bar	By the oz. Bar
<b>Taco Bar</b> Protein Starch Veggie	<b>Taco Bar</b> Protein Starch Veggie	<b>Taco Bar</b> Protein Starch Veggie	<b>Taco Bar</b> Protein Starch Veggie	<b>Taco Bar</b> Protein Starch Veggie



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# What's on the Menu?

## Staples High School Lunch Menu January 17-21

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

Menu Items

Menu Items

Menu Items

Menu Items

Martin Luther King Day

Chicken Parmesan  
Served over pasta

Half Day Exams

Half Day Exams

Boneless Buffalo Chicken Wings  
Fries

### grilled

Philly Cheese Steak

Monte Cristo

Fish and Chips

Classic American Cheeseburger

Classic American Cheeseburger

Classic American Cheeseburger

Classic American Cheeseburger

Classic American Cheeseburger

Seasoned Fries

Seasoned Fries

Seasoned Fries

Seasoned Fries

Seasoned Fries



Old World Style Classic Cheese Pizza

Old World Style Classic Cheese Pizza

Old World Style Classic Cheese Pizza

Old World Style Classic Cheese Pizza

Old World Style Classic Cheese Pizza

Traditional Italian Pepperoni Pizza

Traditional Italian Pepperoni Pizza

Traditional Italian Pepperoni Pizza

Traditional Italian Pepperoni Pizza

Traditional Italian Pepperoni Pizza



By the oz. Bar

By the oz. Bar

By the oz. Bar

By the oz. Bar

By the oz. Bar

**Breakfast Bar**  
Eggs  
Protein  
Starch

**Breakfast Bar**  
Eggs  
Protein  
Starch



Vegetarian



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# What's on the Menu?

## Staples School Lunch Menu January 24-28

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

Menu Items

Menu Items

Menu Items

Menu Items

Half Day  
Exam day

Half Day  
Exam Day

Half Day  
Exam Day

Big City BBQ

Penne Pasta  
w/meatballs

### grilled

Classic American  
Cheeseburger

Classic American  
Cheeseburger

Classic American  
Cheeseburger

Buffalo Chicken Wrap

Triple Cheese Panini

Classic American  
Cheeseburger

Classic American  
Cheeseburger

Seasoned Fries

Seasoned Fries

Seasoned Fries

Seasoned Fries

Seasoned Fries



Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza

Traditional Italian  
Pepperoni Pizza



By the oz. Station

By the oz. Station

By the oz. Station

By the oz. Station

By the oz. Station

Asian Noodle Bar  
Noodles  
Protein  
Vegetables

Asian Noodle Bar  
Noodles  
Protein  
Vegetables



Vegetarian



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# What's on the Menu?

## Staples School Lunch Menu January 31

Monday

Tuesday

Wednesday

Thursday

Friday

### create

Menu Items

Menu Items

Menu Items

Menu Items

Menu Items

Hand Rolled Sushi!  
By Yamato Sushi

### grilled

Pepperoni and  
Mozzarella Panini

Classic American  
Cheeseburger

Seasoned Fries



Old World Style  
Classic Cheese Pizza

Traditional Italian  
Pepperoni Pizza



By the oz. Station  
Mac and Cheese Bar  
Pasta  
Cheese Sauce  
Veget

By the oz. Station

By the oz. Station

By the oz. Station

By the oz. Station



Vegetarian



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