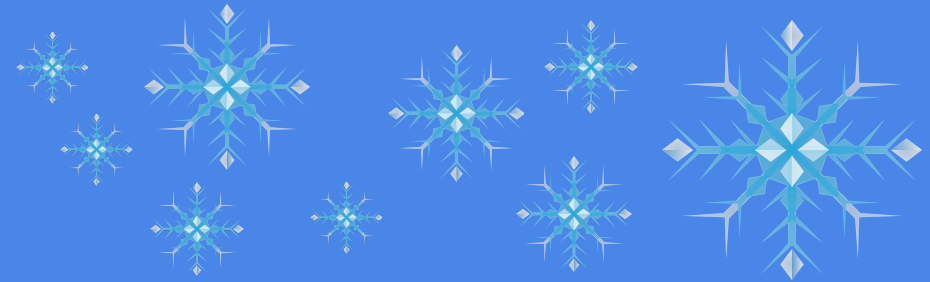


JANUARY 2019 LUNCH MENU

LUNCH \$3.50 (INCLUDES MILK)



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NO SCHOOL	BBQ Boneless Chicken Thighs with Grilled Pineapple Wild Rice Steamed Corn Milk	Baked Ziti with Vegetable Marina Caesar Salad Fresh Strawberries, Blueberries, and Blackberries Milk	Who has Portsmouth's Perfect Pizza Darleen's Pizza & Subs Fruits/Veggies Milk
7	8	9	10	11
Baked Honey Ham Creamy Garlic Smashed Potatoes Baked Buttered Carrots Peaches Milk	Chicken Tetrizzini with Peas Steamed Green Beans with Roasted Garlic Mandarin Oranges Milk	Cheddar Cheese Quesadillas Garden Salad with Tomatoes, Cucumbers, Carrots, & Red Onion Red Grapes Milk	Roast Pork with Carrots, Onions, & Potatoes Homemade Warm Applesauce Corn Chowder Milk	Who has Portsmouth's Perfect Pizza Tradeport Pizza Fruits/Veggies Milk
14	15	16	17	18
Ground Beef Tacos served with Salsa, Lettuce, Tomato, Cheese, & Sour Cream Steamed Corn Tangerines Milk	Homemade Chicken Pot Pie served over Creamy Mashed Potatoes Warm Garlic Rolls Fresh Berries Milk	Cheeseburger or Hamburger served with Lettuce, Tomato, Onion, & Pickle Orzo Salad Watermelon Milk	Homemade Macaroni & Cheese Carrots with a Creamy Garlic Dip Apple Slices Milk	Who has Portsmouth's Perfect Pizza Fruits/Veggies Kittery Food Mart Milk
21	22	23	24	25
NO SCHOOL	Chicken Fajitas served with Salsa, Lettuce, Tomato, & Sour Cream Spanish Rice Fresh Green Grapes Milk	Homemade Shepherd's Pie Steamed Asparagus Fresh Strawberries, Blueberries, Raspberries, & Blackberries Milk	Fresh Vegetable Lo Mein Homemade Egg Drop Soup Pineapple Chunks Milk	Who has Portsmouth's Perfect Pizza Domino's Fruits/Veggies Milk
28	29	30	31	
Sloppy Joes served on Bulkie Rolls Honey Glazed Carrots Fruit Cups Milk	Homemade Breaded Chicken Fingers Cheesy Scalloped Potatoes Watermelon Chunks Milk	Baked Haddock with Crispy Lemon Butter Topping Rice Pilaf Fresh Steamed Broccoli Red and Green Grapes Milk	Grilled Cheese Homemade Chicken Noodle Soup Homemade Applesauce Milk	

** In accordance with Federal Law and U.S. Dept of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color and national origin, sex or disability. Menu subject to change.