



January

2019

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 *Winter Break* **District Closed**	2 *Winter Break* **No School**	3 *Winter Break* **No School**	4 *Winter Break* **No School**	<p>Special News...</p> <p>We offer a rotation of vitamin and mineral rich fruit and vegetables.</p> <p>We only use whole grain breads, pastas & rice.</p> <p>We serve 100% fruit juice.</p> <p>***EXERCISE MORE***</p> <p><small>Menus are subject to change without notice.</small></p>
7 Fish Bites w/ Breadstick Chicken Caesar Wrap w/ Pretzel Bean Nacho Salad w/ Roll CrissCut French	8 Spicy Popcorn Chicken Bowl w/ Pretzel Turkey & Cheese Baboom Sub w/ Chips Fruit Platter w/ Roll Roasted Cauliflower	9 Ravioli w/ Marinara Sauce & Breadstick Turkey & Cheese Sandwich w/ Pretzel Egg Salad w/ Roll Roasted Sweet Potatoes	10 <u>Walking Taco Chili</u> Turkey & Cheese Wrap w/ Chips Ham Chef Salad w/ Roll Campfire Chipotle	11 Cajun Chili Fries Bowl w/ Chips Chicken Salad Sandwich w/ Pretzel Turkey Chef Salad w/ Roll Steamed Broccoli	
14 Meatloaf w/ Rosemary Gravy & Roll Ham & Cheese Sub w/ Pretzel Tuna Salad w/ Roll Steamed Corn	15 <u>Cheesy Bread Chili</u> Ham & Cheese Wrap w/ Chips Ham Chef Salad w/ Roll Green Beans & Carrots	16 Orange Popcorn Chicken w/ LoMein Ham & Cheese Sandwich w/ Pretzel Turkey & Cheese Salad w/ Roll Sweet Potato Bites	17 Backyard Burger Thai Chicken Wrap w/ Chips Vegetarian Greek Salad w/ Roll Black Charro Beans	18 *NO SCHOOL*	
21 Martin Luther King, Jr. Day *District Closed*	22 Chicken Quesadilla Chicken Salad Sandwich w/ Chips Egg Salad Platter w/ Roll Roasted Carrots	23 Country Chicken Nugget Bowl w/ Roll Ham & Cheese Wrap w/ Pretzel Ham Chef Salad w/ Roll Steamed Corn	24 Ranch Chicken Flatbread Ham & Turkey Sub w/ Chips Chicken Nacho Salad w/ Roll Kickin' Pinto Beans	25 Chicken Tagine w/ Chili & Cheddar Flatbread Ham & Cheese Sandwich w/ Pretzel Tropical Chicken Salad w/ Roll Steamed Broccoli	
28 Salisbury Steak w/ Gravy & Parsley Noodles Ham & Cheese Wrap w/ Pretzel Beef Nacho Salad w/ Roll Tater Bites	29 Sweet & Sour Popcorn Chicken w/ Broccoli & Rice Turkey & Cheese Sandwich w/ Chips Tossed Salad w/ Roll Roasted Mix Vegetables	30 Breakfast Burrito w/ Chips & Hash Brown Ham & Cheese Sub w/ Pretzel Ham Chef Salad w/ Roll Sweet Potato Fries	31 Fish Sticks w/ Roll Honey Mustard Chicken Wrap w/ Chips Fruit & Cheese Plate w/ Roll BBQ Black Beans		

Enjoy our weekly rotating Pasta and Stir Fry MTO Stations.

FUEL: January 10th & 15th



This institution is an equal opportunity provider.