

January

2019 Middle School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		Mini Pancakes Wings with Whole Grain Roll Peas Tater Tots Choice of Fruit Milk	Breakfast Sandwich Taco with Meat & Cheese Lettuce, Tomato, Salsa Refried Beans Choice of Fruit Milk	Pancake/Sausage on a Stick Chicken Nuggets with Whole Grain Roll Curly Fries Mixed Vegetables Choice of Fruit/Milk
7	8	9	10	11
Apple Frudel General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	Bacon Breakfast Boat Pancakes with Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice/Fruit/Milk	Mini Waffles Turkey & Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickles Sweet Potato Puffs Green Beans Choice of Fruit and Milk	Mini French Toast Cheese Steak Sub on Whole Grain Bun Baked Beans Oven Fries Choice of Fruit and Milk	Blueberry Pancakes Mickey's Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
14	15	16	17	18
Mini Cinnis Meatball Hoagie on Whole Grain Roll Baked Beans Tater Tots Choice of Fruit and Milk	Breakfast Wrap Homemade Grilled Cheese on Whole Grain Bread Tomato Soup Fresh Broccoli Choice of Fruit/Milk	Yogurt & Fruit Parfait Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Milk	Breakfast Sandwich Solanco Sub on W G Roll Lettuce, Tomato, Onion, Pickles Carrot Sticks Choice of Fruit Milk	Pancake/Sausage on a Stick Chicken Tenders w/ W G Roll Oven Fries California Blend Vegetables Choice of Fruit Milk
21	22	23	24	25
NO SCHOOL 	Mini Pancakes Chicken Fries with Whole Grain Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	Breakfast Pizza Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Oven Fries Baked Beans Choice of Fruit and Milk	Mini Waffles Pizza Cheese Crunchers Garden Salad Fresh Broccoli Choice of Fruit Milk	Apple Frudel Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk
28	29	30	31	
Chocolate Chip French Toast Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Milk	Blueberry Pancakes French Toast Sticks Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice/Fruit/Milk	Breakfast Sandwich Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	Strawberry Bagel Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice for Fruit and Milk	

Alt. Pizza Sticks

Alt. Yogurt w/ Nature
Valley Graham Crackers

Alt. Hot dog
on Whole Grain Roll

Alt. Chicken Patty
on Whole Grain Roll

Alt. Fish Sticks
with Whole Grain Roll



Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

100% Fruit Juice Slushies available every day

Menu subject to change without notice

Student Breakfast \$1.40

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com

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