

Middle School Lunch Menu January 2017

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
2		3		4		5 **Fruit Gummy Day**		6	
WINTER BREAK NO SCHOOL		WINTER BREAK NO SCHOOL		Popcorn Chicken 16 BBQ Sauce 9 Sweet Potato Fries 19 Lima Beans 8 Chilled Pears 14 Milk (assorted) 15 Popcorn Chicken 16		Taco in a Cup 44 Salsa 8 Fresh Spinach Salad 10 Craisins Strawberry 21 Milk (assorted) 15		Big Daddy Pepperoni Pizza 34 Cucumber Slices 0 Zucchini Slices 2 Ranch Dressing 8 Banana 29 Milk (assorted) 15	
9		10		11 **Fruit Gummy Day**		12		13	
Macaroni & Cheese 31 Romaine Salad 3 Ranch Dressing 8 Cherry Tomatoes 2 Green Grapes 28 Milk (assorted) 15		Hot Dog 1 WG Bun 27 Potato Wedges 22 Chili 26 Diced Tomatoes 2 Fruit Slushie 20 Milk (assorted) 15		Cheeseburger 2 WG Bun 17 Sweet Corn 11 Black Bean Salsa 13 Diced Peaches 15 Milk (assorted) 15		Green Chili Quesadilla 32 Broccoli 1 Refried Beans 10 Orange Wedges 21 Milk (assorted) 15		Bosco Sticks 30 Red Dipping Sauce 14 Dragon Punch 4 Applesauce 15 Milk (assorted) 15	
16		17 **Fruit Gummy Day**		18		19 **Fruit Gummy Day**		20	
MLK DAY NO SCHOOL		Cheese Sticks 33 Red Dipping Sauce 12 Sweet Corn 17 Craisins Strawberry 28 Milk (assorted) 15		Popcorn Chicken 16 Smiley Potatoes 24 Edamame 9 Diced Peaches 13 Milk (assorted) 15		Corn Dog Nuggets 22 Fresh Spinach Salad 5 Baked Beans 15 Golden Delicious 22 Milk (assorted) 15		Big Daddy Cheese Pizza 36 Broccoli 1 Baby Carrots 3 Ranch Dressing 8 Orange Wedges 21 Milk (assorted) 15	
23 **Fruit Gummy		24		25		26		27	
Rotini Pasta 41 Meatballs 5 Spaghetti Sauce 14 Edamame 11 Chilled Pears 26 Milk (assorted) 15		Pancakes WG / Syrup 15/30 Sausage Patty 1 Romaine Salad / Ranch 3/8 Celery Sticks 1 Mandarin Oranges 17 Milk (assorted) 13		Popcorn Chicken 16 BBQ Sauce 9 Sweet Potato Fries 19 Lima Beans 8 Chilled Pears 14 Milk (assorted) 15		Chicken Wrap 35 Lettuce & Tomato Cup 3 Wango Mango Juice 13 Diced Peaches 17 Milk (assorted) 15		Shrimp Poppers 22 Tater Rounds 19 Garbanzo Beans 10 Orange Juice 13 Milk (assorted) 15	
30		31 ** New Item **							
Corn Dog Nuggets 22 Mashed Potatoes 15 Black Beans 18 Red Delicious Apple 28 Milk (assorted) 15		Calzone 33 Red Dipping Sauce 14 Tater Rounds 19 Orange Wedges 21 Milk (assorted) 15							

PREMIUM OPTION
An alternate premium entrée featuring a larger portion and an extra side for \$3.00.

January 4
Baked Chicken (0)
Bread Sticks (13)
Mashed Potatoes (17)
Gravy (4)
Sweet Corn (17)
Apple Slices (8)
Juice (15)
Milk (15)

January 11
Meatloaf (6)
Bread Sticks (13)
Mashed Potatoes (17)
Gravy (4)
Sweet Corn (17)
Apple Slices (8)
Juice (15)
Milk (15)

January 18
Baked Chicken (0)
Bread Sticks (13)
Mashed Potatoes (17)
Gravy (4)
Sweet Corn (17)
Apple Slices (8)
Juice (15)
Milk (15)

January 25
Italian Beef (0)
WG Bun (27)
Mashed Potatoes (17)
Gravy (4)
Sweet Corn (17)
Apple Slices (8)
Juice (15)
Milk (15)

Prices

Lunch: \$2.75
Milk: \$0.40

Menu subject to change.

Advance notice will be given when possible.
When viewing menu online click any individual item to view full nutritional information.

Disclaimer About Carbs

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

Alternate Options

Mon	Hot Dog	28	Chef's Salad with Turkey & Cheese	26
Tue	Pizza	43	Cheese Sandwich on WG Bread	32
Wed	Hamburger/Cheeseburger	32/33	Yogurt Lunch	47
Thu	Chicken Nuggets	16	Turkey Sandwich on Gold Fish Bread	23
Fri	Nachos Supreme	42		

