

MIDDLE SCHOOL LUNCH MENU **JANUARY 2019**



Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
		1 NO SCHOOL - WINTER BREAK		2 NO SCHOOL - WINTER BREAK		3 NO SCHOOL - INSTITUTE DAY		4 NO SCHOOL - INSTITUTE DAY	
7 Corn Dog Nuggets Mashed Potatoes Black Beans Red Delicious Apple Milk (assorted)	16 14 12 19 15	8 Cheese French Bread Red Dipping Sauce Tater Rounds Orange Wedges Milk (assorted)	33 7 7 18 15	9 Popcorn Chicken BBQ Sauce Sweet Potato Fries Lima Beans Chilled Pears Milk (assorted)	14 16 17 9 15 15	10 Chicken Crisпитos Salsa Fresh Spinach Salad Craisins Strawberry Milk (assorted)	46 3 10 36 15	11 Big Daddy Cheese Pizza Cucumber Slices Carrot Baby Ranch Dressing Orange Wedges Milk (assorted)	43 0 3 1 21 15
14 Macaroni & Cheese Romaine Salad Ranch Dressing Cherry Tomatoes Green Grapes Milk (assorted)	43 2 1 2 15 15	15 Hot Dog WG Bun Potato Wedges Chili Diced Tomatoes Fruit Slushie Milk (assorted)	1 27 17 26 2 22 15	16 Cheeseburger Sweet Corn Black Bean Salsa Diced Peaches Milk (assorted)	27 17 13 12 15	17 Cheese Quesadilla Broccoli Refried Beans Orange Wedges Milk (assorted)	31 2 23 21 15.3	18 Bosco Sticks Red Dipping Sauce Dragon Punch Applesauce Milk (assorted)	34 14 13 13 15
21 NO SCHOOL - MLK DAY		22 Cheese Sticks Red Dipping Sauce Sweet Corn Craisins Strawberry Milk (assorted)	33 6 9 28 15	23 Popcorn Chicken Smiley Potatoes Black Bean Salsa Diced Peaches Milk (assorted)	14 20 13 12 15	24 Corn Dog Nuggets Fresh Spinach Salad Baked Beans Golden Delicious Apple Milk (assorted)	16 3 15 22 15	25 Big Daddy Cheese Pizza Cucumber Slices Carrot Baby Ranch Dressing Orange Wedges	43 0 3 1 21
28 Rotini Pasta Meatballs Spaghetti Sauce Edamame Raisels Milk (assorted)	41 5 14 5 26 15	29 Mini Confetti Pancakes Sausage Patty Romaine Salad Ranch Dressing Celery Sticks Mandarin Oranges	36 0 2 1 1 20	30 Chicken Patty WG Bun Mashed Potatoes Sunbelievable Sidekick Applesauce Milk (assorted)	15 17 14 26 22 15	31 Chicken Wrap Lettuce & Tomato Cup Power Punch Juice box Diced Peaches Milk (assorted)	35 3 14 12 15		

Alternate Entrees

Monday: Hot Dog 28
 Tuesday: Pizza 43
 Wednesday: Hamburger 28
 Thursday: Chicken Nuggets 13
 Friday: Nachos Supreme 42

Daily Items

Chef's Salad with Turkey & Cheese 26
 Cheese Sandwich on WG Bread 32
 Yogurt Lunch 47
 Turkey Sandwich on Goldfish Bread 23

Prices

Lunch: \$2.90
 Breakfast: \$1.75
 Milk: \$0.40
 All meals served with choice of milk

Disclaimers

Menu subject to change. Advance notice will be given when possible.
 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.