

January 2019 Middle School Lunch Menu

Food Service Director: Brandi Culver
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

*Students must choose at least one fruit or



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings

*Fruits include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Lunch Prices:
 Paid \$2.35
 Reduced \$.40

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Produce from Local Farms based on crop availability Whole Grains Available Daily	1 Happy New Year No school	2 Chicken Sticks with bread slice Or Bacon Cheeseburger on bun Steamed Mixed Vegetables Assorted Fruit Milk Choice	3 Popcorn Chicken Bowl w/bread Or BBQ Rib on bun Steamed Corn Assorted Fruit Milk Choice	4 Hot Dogs on buns Or Cheeseburger Wrap Attack Baked Beans Assorted Fruit Milk Choice	
	7 Chicken Nuggets w/bread slice or BBQ Pulled Pork on bun Glazed Carrots Assorted Fruit Milk Choice	8 Fiestada Pizza Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit Milk Choice & Dessert	9 Brunch Lunch! French Toast Sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit & Milk Choice	10 Italian Dunkers w/sauce Or Hot Turkey & Cheese on bun Steamed Broccoli Assorted Fruit Milk Choice	11 Macaroni & Cheese w/roll Or Teriyaki Grilled Chicken on bun Steamed Peas Assorted Fruit Milk Choice
	14 Chicken Rings w/bread slice Or Cheesesteak Hoagie on bun Baked Beans Assorted Fruit Milk Choice	15 Walking Taco with lettuce, cheese & salsa or Hot Ham & Cheese on bun Mixed Vegetables Assorted Fruit Milk Choice	16 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit Milk Choice	17 Pasta Bowl w/breadstick or Buffalo Chicken Pizza Steamed Green Beans Assorted Fruit Milk Choice	18 No School
	21 No School	22 Fiestada Pizza Or BBQ Chicken Wrap w/cheese Steamed Peas Assorted Fruit Milk Choice	23 Pancake Station Brunch Lunch! Fresh Pancakes with syrup & sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice & Milk Choice	24 Pepperoni Pinwheels w/sauce or Corn Dog Nuggets Romaine Salad Assorted Fruit Milk Choice & Dessert	25 Beef Nachos with cheese, salsa & bread slice or Breaded Fish on bun Black & White Bean Salad Assorted Fruit Milk Choice
	28 Meatball Hoagie w/cheese Or Buffalo Chicken Pizza Steamed Broccoli Assorted Fruit Milk Choice	29 Pizza Hut Day Or Hot Ham & Cheese on bun Oven Baked French Fries Assorted Fruit Milk Choice	30 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit Milk Choice	31 Weenie Boats on bread Or Bacon Cheeseburger on bun Baked Beans Assorted Fruit Milk Choice	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
	Monday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Specialty Salad with roll & croutons	Tuesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Specialty Salad with roll & croutons	Wednesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Specialty Salad with roll & croutons	Thursday Deli Sandwich or Wrap, Breaded Chicken Pizza Choice, Specialty Salad with roll & croutons	Friday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Specialty Salad with roll & croutons