

January 2018 Middle School

LUNCH



School Information: This institution is an equal opportunity provider.
Menu subject to change.
Daily: \$2.80
Milk: 1 % white, Skim White, Skim Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Boneless Wings, Breakfast **1**
Bar, Rice Bowl, Burger Bar,
Boneless Wings

Tuesday

Chicken Quesadilla **2**
Salsa Cup
Refried Beans

Wednesday

Pulled Pork Sandwich **3**
Fritos
Steamed Broccoli

Thursday

Hamburger / Bun **4**
Baked French Fries
Ketchup
Buttered Corn

Friday

Spaghetti / Meatballs **5**
Green Beans
Bread Sticks

Lasagna Roll Up **8**
Steamed Broccoli
Bread Stick

Chicken Enchilada **9**
Refried Beans
Rice

Chicken Patty / Bun **10**
Tator Tots
Green Beans

Wild Mike's Bites **11**
Marinara Sauce
Garden Peas

Early Dismissal **12**
Served Daily: Salad Bar,
Chef Salad or Ham & cheese

Cheese Raviolis **15**
Steamed Broccoli

Chicken Pot Pie **16**
Smiles
Ice Cream Cup

Nacho Grande **17**
Refried Beans
Rice

Cheeseburger Mac & Cheese **18**
Garden Peas

Corn Dog on a Stick **19**
Waffle Fries
Buttered Corn

French Dip **22**
Fritos
Crinkle Cut Carrots

Personal Pan Pizza **23**
Garden Peas

French Toast Sticks **24**
Omelet
Tri Tators

Tacos **25**
Refried Beans
Rice

Grilled Cheese **26**
Tomato Soup
Steamed Broccoli

Walking Tacos **29**
Salsa Cup
Refried Beans
Rice

Pizza – Wild Mike's **30**
Steamed Broccoli

Popcorn Chicken **31**
Ketchup and BBQ Sauce
Mashed Potatoes
Buttered Corn

