

St. Mary Catholic Schools

SMCS Middle School

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3 MAC & CHEESE BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CALIFORNIA BLEND VEGETABLE BAR ASSORTED FRUIT	Jan - 4 SLOPPY JOE/BUN BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD DICED CARROTS VEGETABLE BAR ASSORTED FRUIT	Jan - 5 BOSCO STICKS/ SAUCE BONELESS WINGS CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD GREEN BEANS VEGETABLE BAR ASSORTED FRUIT	Jan - 6 DOMINOS PIZZA CHEF SALAD FRUIT BOWL PBJ W/ CH STICK CURLY FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 7 FR TOAST STICKS/SYRUP SAUSAGE PATTY BONELESS WINGS CHEF SALAD YOGURT FRUIT PARFAIT FRUIT BOWL POTATO BITES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Jan - 10 CHICKEN PATTY/ BUN SPAGHETTI/ MEATBALLS BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD CORN VEGETABLE BAR ASSORTED FRUIT	Jan - 11 NACHO GRANDE CHICKEN ALFREDO BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK SPANISH RICE ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 12 HOT DOG/ BUN MEATBALL SUB BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD BAKED BEANS VEGETABLE BAR ASSORTED FRUIT	Jan - 13 DOMINOS PIZZA BUFFALO CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK ONION RINGS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 14 EARLY RELEASE
Jan - 17 NO SCHOOL	Jan - 18 BBQ RIB PATTY TERIYAKI CHICKEN W/ RICE CHEF SALAD FRUIT BOWL PBJ W/ CH STICK CORN ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 19 CHICKEN TENDERS ORANGE CHICKEN W/ RICE CHEF SALAD FRUIT BOWL PBJ W/ CH STICK ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 20 DOMINOS PIZZA CHEF SALAD FRUIT BOWL PBJ W/ CH STICK FRENCH FRIES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 21 SOFT PRETZEL/ CHEESE TERIYAKI CHICKEN W/ RICE CHEF SALAD YOGURT FRUIT PARFAIT FRUIT BOWL PEAS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT
Jan - 24 MINI PANCAKES SAUSAGE PATTY BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK BABYCAKES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 25 CHICKEN RANCH WRAP BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK CALIFORNIA BLEND ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 26 CORNDOG BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK RICE PILAF STEAMED BROCCOLI ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 27 DOMINOS PIZZA CRISPY CHICKEN SALAD FRUIT BOWL PBJ W/ CH STICK POTATO WEDGES ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT	Jan - 28 GRILLED CHICKEN /BUN BURGER BAR CRISPY CHICKEN SALAD FRUIT BOWL YOGURT FRUIT PARFAIT BABY CARROTS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

St. Mary Catholic Schools
SMCS Middle School
JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 31 BOSCO STICKS/ SAUCE BREAKFAST BOWL GRILLED CHICKEN SALAD FRUIT BOWL BAKED BEANS ASSORTED SNACKS/BREAD VEGETABLE BAR ASSORTED FRUIT				

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*