



JANUARY | 2019

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas</p>	<p>USDA is an equal opportunity provider and employer™</p>	<p>2 CHRISTMAS BREAK NO SCHOOL</p>	<p>3 CHRISTMAS BREAK NO SCHOOL</p>	<p>4 CHRISTMAS BREAK NO SCHOOL</p>
<p>7 FAT FREE MILK WG Baked chicken tenders Baked Crispy fries WG Dinner roll Golden corn Awesome applesauce Salad bar</p>	<p>8 FAT FREE MILK Full sized corn dog Fun sized Doritos Bolstered baked beans Cinnamon applesauce Salad bar</p>	<p>9 FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar</p>	<p>10 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar</p>	<p>11 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar</p>
<p>14 FAT FREE MILK BAKED Chicken Sandwich Served on a whole grain bun Potato wedges Bolstered baked beans Assorted fresh fruit bowl Salad bar</p>	<p>15 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges</p>	<p>16 FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar</p>	<p>17 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>	<p>18 HALF DAY OF SCHOOL BREAKFAST SERVED</p>
<p>21 FAT FREE MILK Baked whole grain chicken nugget Cottage cheese/Granola Bar Mixed green garden salad Diced peaches Salad bar</p>	<p>22 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar</p>	<p>23 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked sweet potato puffs Baked beans Orange wedges Salad bar</p>	<p>24 FAT FREE MILK Classic homemade chili Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar</p>	<p>25 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas/ sliced pears/salad bar</p>
<p>28 FAT FREE MILK Turkey club sub Served on a whole grain bun Baked beans Baked low fat chips Broccoli salad Fresh apple or orange Salad bar</p>	<p>29 FAT FREE MILK NEW ITEM BBQ BNLS CHICKEN BREAST Wild Brown rice Whole grain dinner roll Fresh asparagus Sliced peaches Salad bar</p>	<p>30 FAT FREE MILK Homemade favorite LASAGNA Served with meat sauce Warm garlic toast Seasoned green beans Salad bar Diced peaches & mixed fruit</p>	<p>31 FAT FREE MILK CHICKEN BOWL Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar</p>	<p>1 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar</p>

News

Lunch prices 2018-19
Breakfast \$2.00
Elementary \$2.75
Middle school \$3.00
High School \$3.00

MILK CHOICES
INCLUDE FLAVORED
AND UNFLAVORED
FAT FREE MILK
DAILY WITH ALL
MEALS

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