



# January 2018

## Middle School Lunch

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | <b>Special News...</b><br><br><b>Serve Daily:</b><br>Hamburger on Bun<br>Chicken Patty<br>Spicy Chicken Patty<br>Chicken Nuggets<br>Cheese Pizza<br>Turkey Hot Dogs<br>Grilled Cheese<br>Sun-Butter & Jelly Sandwich<br><br><b>Grain Choice:</b><br>All Breads, Pastas, Rice, and Breading are Whole Grain.<br><br><b>Condiments Selection:</b><br>Ranch Dressing<br>Ketchup<br>Mayonnaise<br>Mustard<br>BBQ Sauce<br><br><b>Milk Choice:</b><br>Skim Milk<br>1% Milk<br><br><small>Menus are subject to change without notice.</small> |
|---|---|---|---|---|---|
| 1<br><i>Winter Break</i>  | 2<br><i>Winter Break</i>  | 3<br><i>Winter Break</i>  | 4<br><i>Winter Break</i>  | 5<br><i>Winter Break</i>  |   |
| 8<br><i>Oven Roasted Chicken Drumsticks<br/>Vegetarian Baja Salad<br/>T-Ham Cheese Sandwich<br/>Sides:<br/>Mashed Potato<br/>Fresh Broccoli<br/>Fresh Apple<br/>Fresh Pear</i>                | 9<br><i>Rotini Pasta<br/>Caesar Salad<br/>Tuna Salad Sandwich<br/>Sides:<br/>Steamed Green Beans<br/>Fresh Cucumber<br/>Fresh Banana<br/>Fresh Apple</i>                        | 10<br><i>Broccoli &amp; Cheese Baked Potato<br/>Turkey Chef Salad<br/>Egg Salad Sandwich<br/>Sides:<br/>Orange Glazed Carrots<br/>Fresh Squash<br/>Fresh Apple<br/>Fresh Cantaloupe</i> | 11<br><i>Beef Nachos<br/>Egg Chef Salad<br/>Chicken Sandwich<br/>Sides:<br/>Vegetarian Baked Beans<br/>Fresh Celery Sticks<br/>Fresh Banana<br/>Fresh Pear</i>  | 12<br><i>Gen Tso Popcorn Chicken w/ Broccoli<br/>Beef Taco Salad<br/>Turkey &amp; Cheese SDW<br/>Sides:<br/>Steamed Spinach<br/>Fresh Baby Carrots<br/>Fresh Apple<br/>Fresh Cantaloupe</i> |   |
| 15<br><i>No School</i>  | 16<br><i>No School</i>  | 17<br><i>Cheesy Baked Penne<br/>All-American Cobb Salad<br/>T-Ham Sandwich<br/>Sides:<br/>Roasted Acorn Squash<br/>Fresh Celery Sticks<br/>Fresh Apple<br/>Fresh Cantaloupe</i>         | 18<br><i>Meatball Sub<br/>Ranch Chicken Salad<br/>Cheese Wrap<br/>Sides:<br/>Campfire Chipotle Beans<br/>Fresh Baby Carrots<br/>Fresh Banana<br/>Fresh Pear</i> | 19<br><i>Beef Nachos<br/>Greek Salad<br/>Egg Salad Sandwich<br/>Sides:<br/>Steamed Broccoli<br/>Cucumber Slices<br/>Fresh Apple<br/>Fresh Cantaloupe</i>                                    |   |
| 22<br><i>Max Snax Pizza Sticks<br/>Chef Salad<br/>Tuna Salad Sandwich<br/>Sides:<br/>Steamed Corn<br/>Fresh Broccoli<br/>Fresh Apple<br/>Fresh Pear</i>                                       | 23<br><i>Corn Dog<br/>Nacho Salad<br/>T-Ham Turkey Sandwich<br/>Sides:<br/>Steamed Green Beans<br/>Cucumber Slices<br/>Fresh Banana<br/>Fresh Apple</i>                         | 24<br><i>Mac &amp; Cheese<br/>Romaine Salad<br/>Tuna Salad Sandwich<br/>Sides:<br/>Steamed Zucchini<br/>Jimaca Sticks<br/>Fresh Apple<br/>Fresh Cantaloupe</i>                          | 25<br><i>Meatball Sub<br/>Turkey Chef Salad<br/>Cheese Sandwich<br/>Sides:<br/>Charro Black Beans<br/>Fresh Celery Sticks<br/>Fresh Banana<br/>Fresh Pear</i>   | 26<br><i>Chicken Nuggets<br/>T-Ham Chef Salad<br/>Turkey Sandwich<br/>Pepperoni Pizza<br/>Sides:<br/>Steamed Broccoli<br/>Baby Carrots<br/>Fresh Apple<br/>Fresh Cantaloupe</i>             |   |
| 29<br><i>Salisbury Steak w/ Parsley Noodles<br/>Chicken &amp; Cheese Salad<br/>Egg Salad Sandwich<br/>Sides:<br/>Roasted Brussels Sprouts<br/>Baby Carrots<br/>Fresh Apple<br/>Fresh Pear</i> | 30<br><i>Country Chicken Nugget Bowl<br/>All-American Cobb Salad<br/>Cheese Sandwich<br/>Sides:<br/>Oven Roasted Carrots<br/>Jicama Sticks<br/>Fresh Banana<br/>Fresh Apple</i> | 31<br><i>Mac &amp; Cheese<br/>Apple Slice Salad<br/>T-Ham Sandwich<br/>Side:<br/>Steamed Zucchini<br/>Celery Sticks<br/>Fresh Apple<br/>Fresh Cantaloupe</i>                            |   |   |   |

**To make a meal, student must select at least 1 serving of fruit or vegetable.**

**A parent/guardian of any student with a food allergy should feel Free to contact the Food Service Director at: (708) 484-5773.**

