



January

2023 Middle School Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Apple Frudel Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	3 Bacon Breakfast Boat Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	4 Mini Waffles Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	5 Mini French Toast Bosco Cheese Sticks Marinara Sauce Tossed Salad Carrot Sticks Choice of Fruit and Milk	6 Blueberry Pancakes Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
9 Mini Cinnis General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	10 Breakfast Wrap Pancake with Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk	11 Yogurt & Fruit Parfait Turkey & Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickles Sweet Potato Puffs Green Beans Choice of Fruit and Milk	12 Breakfast Sandwich Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	13 Strawberry Bagel Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
16 NO SCHOOL 	17 Mini Pancakes Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	18 Breakfast Pizza Traveling Taco Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit Choice of Milk	19 Mini Waffles Chicken Tenders Whole Grain Roll Oven Fries California Blend Vegetables Choice of Fruit and Milk	20 NO SCHOOL - 91st Day 
23 Apple Frudel Pulled Pork Bar-B-Q on Whole Grain Roll Green Beans Sweet Potato Puffs Choice of Fruit and Milk	24 Breakfast Sandwich Chicken Fries Whole Grain Dinner Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	25 Chocolate Chip French Toast Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Oven Fries Baked Beans Choice of Fruit and Milk	26 Mini French Toast Pizza Cheese Crunchers Garden Salad Fresh Broccoli Choice of Fruit Choice of Milk	27 Breakfast Wrap Nacho Grande with Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk
30 Blueberry Pancakes Corn Dog Nuggets Steamed Broccoli Baked Beans Choice of Fruit Choice of Milk	31 Bacon Breakfast Boat French Toast Sticks w/Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk			

Alt. Pizza Sticks

Alt. Yogurt w/ Nature Valley Graham Crackers

Alt. Hot dog on Whole Grain Roll

Alt. Chicken Patty on Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll



Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

100% Fruit Juice Slushies available every day

Menu subject to change without notice

Student Breakfast Free

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit www.k12paymentcenter.com

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