



# JANUARY

## 2025 Middle Menu

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
|   |   | <b>HAPPY NEW YEAR</b><br>2<br>   | <b>WAFFLES</b><br>3<br>Grilled Cheese on Whole Grain Bread<br>Tomato Soup with Crackers<br>Steamed Broccoli<br>Choice of Fruit and Milk                                  | <b>BREAKFAST SANDWICH</b><br>Breaded Chicken Filet Sandwich<br>Glazed Carrots<br>Fries<br>Choice of Fruit and Milk                  |
| <b>BREAKFAST PASTRY</b><br>6<br>Hot Dog on Whole Grain Roll<br>Macaroni & Cheese<br>Buttered Peas<br>Choice of Fruit and Milk                       | <b>BREAKFAST BURRITO</b><br>7<br>Chicken Tenders w/ Whole Grain Roll<br>Au Gratin Potatoes<br>California Blend Vegetables<br>Choice of Fruit and Milk | <b>YOGURT PARFAIT</b><br>8<br>Chili Served w/ Cheddar and Sour Cream<br>Garden Salad<br>Cornbread<br>Choice of Fruit and Milk                                   | <b>EGG &amp; CHEESE STUFFED HASHBROWN</b><br>9<br>Baked Chicken Drumstick<br>Whole Grain Roll<br>Mashed Potatoes & Gravy<br>Mixed Vegetables<br>Choice of Fruit and Milk | <b>BREAKFAST SANDWICH</b><br>10<br>Breaded Ravioli w/ Marinara Sauce<br>Steamed Broccoli<br>Texas Toast<br>Choice of Fruit and Milk |
| <b>BREAKFAST BREAD/MUFFINS</b><br>13<br>Orange Chicken<br>Over Brown Rice<br>Oriental Vegetable Blend<br>Fortune Cookie<br>Choice of Fruit and Milk | <b>PANCAKES</b><br>14<br>Beef Burrito w/ Cheese<br>Refried Beans<br>Brown Rice<br>Lettuce, Tomato & Salsa<br>Choice of Fruit and Milk                 | <b>YOGURT PARFAIT</b><br>15<br>Chicken Alfredo w/ Penne Pasta<br>Broccoli & Garlic Bread<br>Strawberry Sundae Cup<br><i>(National Strawberry Ice Cream Day)</i> | <b>WAFFLES</b><br>16<br>Cheese or Western Omelet<br>Cornbread<br>Hash Brown<br>Celery w/ Peanut Butter<br>Choice of Fruit and Milk                                       | <b>BREAKFAST SANDWICH</b><br>17<br>Pizza<br>Caesar Salad<br>Whole Grain Cookie<br>Choice of Fruit<br>Choice of Milk                 |
| <b>BREAKFAST PASTRY</b><br>20<br><b>NO SCHOOL</b>   | <b>BREAKFAST BURRITO</b><br>21<br>Popcorn Chicken Bowl<br>Mashed Potatoes & Gravy<br>Corn<br>Whole Grain Roll<br>Choice of Fruit and Milk             | <b>YOGURT PARFAIT</b><br>22<br><b>NO SCHOOL</b>   | <b>EGG &amp; CHEESE STUFFED HASHBROWN</b><br>23<br>Meatballs & Pasta w/ Marinara Sauce<br>Garlic Bread<br>Buttered Peas<br>Choice of Fruit and Milk                      | <b>BREAKFAST SANDWICH</b><br>24<br>Beef Fiestada<br>Mexican Fiesta Rice<br>Buttered Corn<br>Choice of Fruit<br>Choice of Milk       |
| <b>BREAKFAST BREAD/MUFFINS</b><br>27<br>Corn Dog Nuggets<br>Mixed Vegetables<br>Baked Beans<br>Choice of Fruit<br>Choice of Milk                    | <b>PANCAKES</b><br>28<br>Chicken & Cheese Quesadilla with/ Salsa & Sour Cream<br>Fiesta Rice<br>Corn<br>Choice of Fruit and Milk                      | <b>YOGURT PARFAIT</b><br>29<br>Cheeseburger on WG Roll<br>Baby Baked Potatoes<br>Glazed Carrots<br>Choice of Fruit<br>Choice of Milk                            | <b>WAFFLES</b><br>30<br>French Toast Sticks w/ Syrup<br>Sausage<br>Hash Brown<br>Celery w/ Peanut Butter<br>Choice of Fruit and Milk                                     | <b>BREAKFAST SANDWICH</b><br>31<br>Pizza<br>Tossed Salad<br>Whole Grain Cookie<br>Choice of Fruit<br>Choice of Milk                 |
| <b>Deli Sandwich</b><br>Lettuce, Tomato, Onion & Pickles<br>OR<br>Peanut Butter & Jelly   | <b>Deli Sandwich</b><br>Lettuce, Tomato, Onion & Pickles<br>OR<br>Peanut Butter & Jelly   | <b>Deli Sandwich</b><br>Lettuce, Tomato, Onion & Pickles<br>OR<br>Peanut Butter & Jelly   | <b>Deli Sandwich</b><br>Lettuce, Tomato, Onion & Pickles<br>OR<br>Peanut Butter & Jelly  | <b>Deli Sandwich</b><br>Lettuce, Tomato, Onion & Pickles<br>OR<br>Peanut Butter & Jelly   |

**\*\*BREAKFAST\*\***  
Assorted Cereal  
Gluten Free Options Available  
**ZeeZees Breakfast Bars**  
Nut, Dairy, Egg & Sesame Free  
Assorted Fruit  
100% Fruit Juice  
Assorted Milk  
Served Every Day

**\*\*LUNCH\*\***  
Sides Come With All Lunch Options  
Fresh Carrot & Apple Packs  
**\*\*Served Every Day\*\***  
A Variety of Fresh, Canned and/or Frozen Fruit and Fresh Vegetables  
**\*\*Served Every Day\*\***  
Choice of Milk




"Think left and think right and think low and think high. Oh, the things you can think up if only you try!"  
- Dr. Seuss



Menu subject to change without notice  
Student Breakfast FREE  
Student Lunch \$2.50  
Milk & Juice \$0.50



"This institution is an equal opportunity provider"