



January 2019

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... More Info... Free and Reduced Meals to those who qualify Paid Lunch: \$3.00 Reduced Lunch \$:.40 A variety of milk is offered daily: Skim Chocolate and 1% White Milk Free and Reduced Meal applications can be filled out anytime during the school year This institution is an Equal Opportunity Provider <small>Menus are subject to change without notice.</small>
	1 Chicken Parm w/ Pasta Seasoned Green Beans, Red Peppers Fresh Garden Salad, Fruit Variety	2 Chili Baked Potato Orange Glazed Carrots, Fresh Zucchini, Fresh Garden Salad, Fruit Variety	3 Red Bean & Sausage Fresh Side Salad, Baked Vegetarian Beans, Celery Sticks, Fruit Variety	4 Nacho Bar Fresh Garden Salad, Steamed Spinach, Baby Carrots, Fruit Variety	
7 Fish Nuggets w/Dinner Roll Top-N-Go Nachos Crisscut Fries, Fresh Tomato Wedges, Fresh Garden Salad, Fruit Variety	8 Popcorn Chicken Bowl Top-N-Go Nachos Roasted Cauliflower, Fresh Cucumber Coins, Fresh Garden Salad, Fruit Variety	9 Cheese Ravioli w/Dinner Roll Top-N-Go Nachos Acorn Squash, Celery Sticks, Fresh Garden Salad, Fruit Variety	10 Tai Lemon Grass Chicken Top-N-Go Nachos Campfire Beans, Baby Carrots, Fresh Garden Salad, Fruit	11 Beef Chili Cajun Fries Top-N-Go Nachos Roasted Broccoli, Red Pepper Strips, Fresh Garden Salad, Fruit	
14 Meatloaf w/Dinner Roll Cheesy Bread Chili Seasoned Corn, Baby Carrots Fresh Garden Salad, Fruit Variety	15 Etoufee Chicken Stew Cheesy Bread Chili Cilantro Rice, Green Beans w/ Carrots, Red Peppers Fresh Garden Salad, Fruit Variety	16 Orange Broccoli Chicken Cheesy Bread Chili Lomein, Sweet Potato Tots, Fresh Zucchini, Fresh Garden Salad, Fruit Variety	17 Veg Bean Chili w/ Tortilla Crisps Cheesy Bread Chili Charro Beans, Celery, Fresh Garden Salad, Fruit Variety	18 No School	
21 No School	22 Veg Chili Mac Roasted Carrots, Jicama Sticks, Fresh Garden Salad, Fruit Variety	23 Country Chicken Bowl Roasted Eggplant, Celery Sticks, Fresh Garden Salad, Fruit Variety	24 French Toast Sticks with Sausage Kick'n Pinto Beans, Baby Carrots, Fresh Garden Salad, Fruit Variety	25 Chicken Tangine Soup w/ Flatbread Roasted Broccoli, Cucumber Slices, Fresh Garden Salad, Fruit Variety	
28 Salisbury Steak Noodles, Tater-Tots, Fresh Broccoli, Fresh Garden Salad, Fruit Variety	29 Sweet & Sour Chicken w/ Rice Sweet Potato Fries, Fresh Zucchini, Fresh Garden Salad, Fruit Variety	30 Meatball Sub Mixed Roasted Veggies, Red Pepper Strips,, Fresh Garden Salad, Fruit Variety	31 Fish Sandwich Edamame, Celery Sticks, Fresh Garden Salad, Fruit Variety		

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Special News...

Available Daily:
 Made To Order Taco/ Nacho Bar, Deli Bar,
 Pizza Station. & Grill

