

Menu subject to change
without notice

Middle School

Jan-19

Converse County School #1 is
an equal opportunity provider
and employer

Monday, December 31, 2018	Tuesday, January 1, 2019	Wednesday, January 2, 2019	Thursday, January 3, 2019	Friday, January 4, 2019
			Hamburgers Sandwich of the Day Steamed Green Beans	Chicken Nuggets Sandwich of the Day Steamed Corn
Monday, January 7, 2019	Tuesday, January 8, 2019	Wednesday, January 9, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
Chicken Tacos Sandwich of the Day Churros	Pigs in the Blanket Sandwich of the Day Steamed Green Beans	Breaded Fish Fillet Sandwich of the Day Tater Tots	Spaghetti w/ Meat Sauce Garlic Toast Sandwich of the Day	BBQ Rib on a Hoagie Bun Sandwich of the Day Steamed California Blend Veggies
Beef Donated By Troy and Katie Scott of Scott Ranch				
Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019
Pepperoni Pizza Sandwich of the Day Steamed Corn	Beef Stew Crackers Sandwich of the Day String Cheese	Baked Chicken Sandwich of the Day Brown Rice Pilaf	Chili Sandwich of the Day Homemade Cinnamon Rolls	Chicken Fried Beef Steak Sandwich Sandwich of the Day Pudding
Beef Donated By Levi Miller		Beef Donated By Dick, Jordan, Taylor and Riley Lisco of Lisco Ranches		
Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
No School	Chicken Sandwich Sandwich of the Day French Fries	Beefy Nachos Sandwich of the Day	Baked Ham & Cheese Sandwich of the Day Steamed Green Beans	Hot Dogs Sandwich of the Day Cookies
Beef Donated By Tom Litman of Belle Fourche Pipeline				
Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 1, 2019
Pancakes & Sausage Links Sandwich of the Day Yogurt	Turkey Gravy, Rolls Sandwich of the Day Mashed Potatoes	Popcorn Chicken Sandwich of the Day Cottage Cheese	Sloppy Joes Sandwich of the Day Bread Pudding	
Beef Donated By Joe and Karen Rankin of J.S. Rankin Ranches				

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Daily Vegetable and Fruit Choices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Red/Orange veggie choice can be: tomatoes, red pepper, carrots, sweet potatoes, pumpkin</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Bean/Peas can be: black-eyed peas black beans, baked beans kidney, garbanzo, pinto</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers</p> <p>Dark Green Veg can be: Romaine Lettuce or Spinach</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>

Low-fat Unflavored and Fat-free Flavored Milk Offered Daily

FRUIT AND VEGETABLE CHOICES ARE ALL YOU CAN EAT