



JANUARY

MIDDLE SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
COCOA PUFFS ^ Graham Crackers ^ Diced Pears Apple Juice Choice of Milk	EGG & CHEESE ON A BRIOCHE BUN Diced Peaches Grape Juice Choice of Milk	CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ Fresh Banana Orange-Tangerine Juice Choice of Milk	STRING CHEESE Peach Mini Loaf ^ Fresh Apple* Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
RASPBERRY YOGURT Granola ^ Craisins Orange-Tangerine Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk	BLUEBERRY COFFEE CAKE Graham Crackers ^ Fresh Apple* Choice of Milk	STRAWBERRY PANCAKES ^ Fresh Pear* Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH ^ Blueberry Muffin ^ Fresh Apple* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	SAUSAGE & WAFFLE ^ Pineapple Tidbits Orange Juice Syrup Choice of Milk	WHOLE PLAIN BAGEL ^ Cream Cheese Fresh Apple* Choice of Milk	BREAKFAST BURRITO ^ Fresh Orange* Applesauce Cup Choice of Milk	WG CHEERIOS ^ Graham Crackers ^ Fresh Apple* Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
APPLE CINNAMON COFFEE CAKE French Toast Breakfast Square ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk	FRENCH TOAST STICKS ^ Grape Juice Diced Pears Syrup Choice of Milk	MAPLE BROWN SUGAR OATMEAL ^ Granola ^ Fresh Apple* Choice of Milk	CHEESE OMELET Biscuit ^ Fresh Orange* Mixed Fruit Cup Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.





MIDDLE SCHOOL L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
December 31, 2018	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK	HOLIDAY BREAK
January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Broccoli TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Fresh Orange* Choice of Milk	CHICKEN NUGGETS W/POTATO ROUNDS BBQ Sauce FRENCH TOAST STICKS W/SAUSAGE ^ Syrup Potato Rounds Fresh Cucumber Slices Light Italian Dressing Apple Juice Ketchup Choice of Milk	TURKEY BURGER ^ Maple Baked Beans Chipotle Ranch BEEF CHILI DOG Wrapped Hot Dog Bun ^ Mustard Baby Carrots Fat Free Ranch Dressing Mixed Fruit Cup Ketchup Choice of Milk	NACHO COMBO CHILI CRISPY CHICKEN DRUMSTICK ^ Tortilla Rounds ^ Sweet Maple Butter Carrots Fresh Apple Slices Choice of Milk	POPCORN CHICKEN ^ BBQ Sauce PEPPERONI PIZZA ^ Jalapenos Romaine Lettuce Fat Free Ranch Dressing Pineapple Tidbits Corn Muffin ^ Choice of Milk
January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
CHEESEBURGER ^ Mustard Ketchup Whole Kernel Corn Diced Peas Choice of Milk CHICKEN & GREEN CHILE TAMALE Hot Sauce	SPAGHETTI & MEATBALLS ^ Breadstick (W)^ BBQ CHICKEN with DICED CARROTS Wrapped Hamburger Bun ^ Fresh Zucchini Slices Orange-Tangerine Juice Choice of Milk	ORANGE CHICKEN with BROCCOLI CHEESE LASAGNA With TOMATO SAUCE & BROCCOLI Fresh Red Pepper Slices Pineapple Tidbits Choice of Milk	TACO MEAT Tortilla Rounds ^ Taco Sauce BEAN & CHEESE PUPUSA Jalapenos Fiesta Beans Fresh Apple Slices Hot Sauce Choice of Milk	CHICKEN SANDWICH ^ BBQ Sauce CORN DOG ON A STICK Ketchup Mustard Country Blend Vegetables Fresh Banana* Choice of Milk
January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
MARTIN LUTHER KING JR.	TERIYAKI GLAZED CHICKEN BROWN RICE & BROCCOLI PIZZA DIPPERS ^ Marinara Dipping Sauce Diced Carrots Fresh Apple Slices Chocolate Cookie ^ Choice of Milk	PEPPERONI PIZZA ^ Fresh Broccoli Florets GENERAL TSO'S CHICKEN (with noodles & broccoli) Fresh Red Pepper Slices Light French Dressing Fresh Pear* Choice of Milk	CRISPY CHICKEN DRUMSTICK ^ Southwest Corn BBQ Sauce Corn Muffin ^ SALISBURY STEAK WITH GRAVY & MASHED POTATOES Wrapped Sliced Bread ^ (2) Fresh Cauliflower Florets Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	*BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN ALFREDO PASTA ^ Wango Mango Juice Diced Peaches Choice of Milk
January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	February 1, 2019
Ketchup Fresh Crunchy Celery Sticks Fat Free Ranch Dressing Applesauce Cup Choice of Milk SANTA FE CHICKEN WITH CARROTS Corn Muffin ^ TURKEY BURGER ^ Diced Carrots Mustard	CHEESE PUPUSA Hot Sauce POPCORN CHICKEN ^ BBQ Sauce Fiesta Beans Jalapenos Grape Juice Choice of Milk	BBQ CHICKEN WITH GREEN BEANS Wrapped Hamburger Bun ^ SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Salsa Cup SunSet Sip Juice Diced Peaches Choice of Milk	CHEESEBURGER ^ French Fries Mustard CHICKEN NUGGETS W/POTATO ROUNDS BBQ Sauce Fresh Cucumber Slices Fruit Punch Juice Ketchup Choice of Milk	

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