

LAMESA

MIDDLE SCHOOL



Menu is subject to change without notice and is based on availability and seasonality of food items.

JANUARY 7 – FEBRUARY 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Student Holiday Professional Development JAN 7	<i>Coco Puff Cereal Bar</i> Parmesan Chicken & Spaghetti w/Marinara Grilled Cheese Tuna Salad Platter & Roll JAN 8	<i>Breakfast Pizza</i> Chili & Cheese Baked Potato & Roll Hot Dog Tossed Salad w/Diced Buffalo Chicken & Roll JAN 9	<i>Strawberry Banana Yogurt & Graham Crackers</i> Red Beans & Rice w/Sausage Turkey & Cheese Sub Diced Chicken Salad Platter & Roll JAN 10	<i>Apple Frudel</i> Hot Dog Popcorn Chicken & Roll Fruit & Cheese Plate w/Roll Doritos Nacho Cheese Taco-to-Go JAN 11
<i>Breakfast Sausage Pizza</i> Breaded Fish Nuggets Chicken Tenders & Roll Bean & Cheese Nacho Salad w/Roll JAN 14	<i>Cherry Frudel</i> Popcorn Chicken & Mashed Potato Bowl w/Roll Turkey Sub Fruit Salad & Roll JAN 15	<i>Ham & Cheese Stuffed Breadstick</i> Jumbo Cheese Ravioli & Marinara w/Breadstick Popcorn Chicken & Roll Egg Salad Platter & Roll JAN 16	<i>Strawberry Pancakes</i> Thai Chicken & Cilantro Rice Hot Dog Turkey Chef Salad w/Roll JAN 17	<i>Ham & Cheese Biscuit Melt</i> Cajun Chili Fries & Tortilla Chips Jerk Chicken Flatbread Grilled Cheese Doritos Nacho Cheese Taco-to-Go JAN 18
Student Holiday Professional Development JAN 21	<i>Pancake-on-a-Stick</i> Sausage Etouffee & Rice BBQ Pork Riblet Sandwich Salad w/Bufalo Chicken & Roll JAN 22	<i>Breakfast Sausage Biscuit</i> Orange Chicken w/Broccoli & LoMein Hot Dog Ham & Cheese Sandwich Tossed Salad w/Turkey & Cheese & Roll JAN 23	<i>Powdered Sugar Donut</i> Veggie Chili & Crackers Grilled Cheese Feta Greek Salad & Roll JAN 24	<i>Kolache</i> Doritos Nacho Cheese Taco-to-Go Chicken & Chili Crispito Turkey Sandwich Baja Chicken Salad & Roll JAN 25
<i>Assorted Cereals & Graham Crackers</i> Breaded Chicken Drumstick & Roll Popcorn Chicken & Roll Ham Chef Salad & Roll JAN 28	<i>Breakfast Sausage Pizza</i> Chili Mac & Breadstick Corn dog Ham, Pickle & Swiss Flatbread Egg Salad Platter & Roll JAN 29	<i>Cinnamon Raisin Bagel</i> Popcorn Chicken & Mashed Potato Bowl w/Roll Hot Dog Chicken Caesar Salad & Roll JAN 30	<i>Cheese Stuffed Breadstick</i> General Tso Beef Dippers & Yellow Rice Grilled Cheese Chicken Nacho Salad & Roll JAN 31	<i>Blueberry Waffle</i> Chicken Tagine Stew & Seasoned Flatbread Popcorn Chicken & Roll Fruit, Yogurt & Cheese Plate w/Roll Doritos Nacho Cheese Taco-to-Go FEB 1
<i>Country Chicken Biscuit</i> Salisbury Steak & Gravy w/Parsley Noodles Chicken Tenders & Roll Beef & Cheese Nacho Salad & Roll FEB 4	<i>Vanilla Glazed Donut</i> Sweet & Sour Chicken Broccoli w/Rice BBQ Pork Riblet Sandwich Tossed Salad w/Cheese & Roll FEB 5	<i>Berry French Toast</i> Huevos Ranchero Burrito w/CinnaCrisp Tortillas & Hashbrown Corn dog Ham & Cheese Sub Ranch Chicken Salad & Roll FEB 6	<i>Egg & Cheese Pizza Slider</i> Breaded Crunch Fish Grilled Cheese Fruit Salad & Roll FEB 7	<i>Cinnamon Toast Cereal Bar</i> Chicken Carbonara Spaghetti & Breadstick Hot Dog Ham & Cheese Sandwich Popcorn Chicken Salad & Roll Doritos Nacho Cheese Taco-to-Go FEB 8
<i>Cinnamon French Toast Sticks</i> Buffalo Chicken Drumstick & Corn Muffin Ham Sandwich Egg Chef Salad & Roll FEB 11	<i>Coco Puff Cereal Bar</i> Parmesan Chicken & Spaghetti w/Marinara Grilled Cheese Tuna Salad Platter & Roll FEB 12	<i>Breakfast Pizza</i> Chili & Cheese Baked Potato & Roll Hot Dog Tossed Salad w/Diced Buffalo Chicken & Roll FEB 13	<i>Strawberry Banana Yogurt & Graham Crackers</i> Red Beans & Rice w/Sausage Turkey & Cheese Sub Diced Chicken Salad Platter & Roll FEB 14	<i>Apple Frudel</i> Hot Dog Popcorn Chicken & Roll Fruit & Cheese Plate w/Roll Doritos Nacho Cheese Taco-to-Go FEB 15

MENU KEY

Breakfast items are in italics

EVERYDAY BREAKFAST CHOICE:
Assorted Cereals w/Toast
 Cereals: Cocoa Puffs, Cinnamon Toast Crunch, Cheerios, Rice Krispies

Lunch entrées listed in bold

All Salads are served with a Roll

Side items are in plain type and listed at the bottom of the calendar. (Items rotate.)

Lamesa ISD -2018-19-

BREAKFAST

Student *estudiantes* FREE

Faculty *facultad* \$1.60

Visitor *invitados* \$1.60

LUNCH

Student *estudiantes* FREE

Faculty *facultad* \$3.50

Visitor *invitados* \$3.50

HOLIDAY LUNCHES \$4.00

À la Carte item prices are posted at the schools.

Precios de alimentos a la carte están publicadas en las escuelas.

This institution is an equal opportunity provider.

• MIDDLE SCHOOL • MORE CHOICES • MADE-TO-ORDER •

grill	Chicken Sandwich Hamburger/Cheeseburger	Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger
	Cheese Pizza Pepperoni Pizza	Nacho/Taco Bar	Cheese Pizza Pepperoni Pizza	Nacho/Taco Bar	Pizza Line

MADE-TO-ORDER

more choices EVERYDAY

EVERYDAY LUNCH OPTION:
 PB&J Sandwich

EVERYDAY super sides, fresh fruits & veggies and 100% fruit juice: Apple Wedges/fresh• Applesauce• Apricot Halves• Baby Carrots/fresh• Banana/fresh• Broccoli/fresh or steamed• Campfire Beans• Celery Sticks/fresh• Black Charro Beans• Creamy Coleslaw• Cucumber & Tomato Salad• Cucumber slices/fresh• Diced Peaches• Diced Pears• French Fries• Fresh Fruit Salad: Apple/Banana/Orange• Fresh Grapes• Fruit Mix Cup• Golden Corn• Green Beans• Mashed Potatoes• Orange-Glazed Carrots• Orange/fresh• Peas• Peas & Carrots• Red Pepper Strips/fresh• Side-Salad/Romaine Mix• Carrots/fresh & seasoned• Steamed Spinach• Sweet Potato Tots• Sweet Potato Fries•Tater Tots• Tomatoes Wedges/fresh• Veggie Baked Beans• Watermelon/fresh• Zucchini Squash/steamed• Zucchini Slices/fresh• | Apple Juice• Fruit Blend Juice• Grape Juice• Orange Juice• 2% Milk• Chocolate Skim Milk•

items listed rotate on their respective days and may be substituted based on availability/seasonality

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

LOOK for FUEL days and check out new entrées! ALL WEEK

