


Parkland Middle School Lunch Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HAPPY NEW YEAR (no school)	2 <i>The Main Events</i> mozzarella sticks w/ sauce cheeseburger on roll <i>Sidelines</i> dinner roll steamed vegetable	3 <i>The Main Events</i> chicken tenders hot dog on roll <i>Sidelines</i> soft pretzel rod steamed green beans	4 <i>The Main Events</i> meatballs in sauce chicken patty sandwich <i>Sidelines</i> pasta w/sauce steamed broccoli
7 <i>The Main Events</i> turkey sausage patty yogurt <i>Sidelines</i> french toast sticks hash brown rounds	8 <i>The Main Events</i> chicken fajita cheeseburger on roll <i>Sidelines</i> steamed brown rice celery sticks w/dip	9 <i>The Main Events</i> mac & cheese chicken patty sandwich <i>Sidelines</i> dinner roll steamed broccoli	10 <i>The Main Events</i> chicken fryz hot dog on roll <i>Sidelines</i> pierogies baked beans	11 <i>The Main Events</i> cheesesteak on roll chicken nuggets <i>Sidelines</i> tater tots steamed corn

Additional daily choices of “The Main Event” include pizza, salad bar, sandwiches, wraps, and PBJs. Additional daily choices of “Sidelines” include 3 different vegetables and 3 different fruits.

Lunch includes fruit and milk

Menu subject to change without prior notice

Prices:

Student @ \$2.85

Reduced @ \$.40

Adult @ \$3.85

Monday**Tuesday****Wednesday****Thursday****Friday****14 The Main Events**

mini corn dogs
cheddar cheese meatloaf
sandwich on roll
Sidelines
mashed potatoes w/gravy

21

**Professional
Development Day**

(no school)

28 The Main Events

mozzarella sticks w/ sauce
cheeseburger on roll
Sidelines
dinner roll
tossed salad

15 The Main Events

trojan chicken bowl
mozzarella sticks w/sauce
Sidelines
dinner roll
steamed broccoli

22 The Main Events

chicken patty sandwich
stuffed crust sticks w/sauce
Sidelines
baked beans
french fries

29 The Main Events

chicken tenders
hot dog on roll
Sidelines
soft pretzel rod
steamed green beans

16 The Main Events

nachos
w/Bush's taco fiesta
black beans
turkey & cheese melt
on pretzel bun
Sidelines
steamed brown rice

23 The Main Events

teriyaki chicken over
steamed brown rice
bacon cheeseburger on roll
Sidelines
vegetable egg roll

30 The Main Events

walking taco
w/Bush's taco fiesta
black beans
chicken nuggets
Sidelines
steamed brown rice

17 The Main Events

pasta w/meat or marinara
sauce
hot dog on roll
Sidelines
dinner roll
tossed salad

24 The Main Events

chicken & cheese quesadilla
w/salsa
hot dog on roll
Sidelines
tortilla chips w/salsa
steamed green beans

31 The Main Events

parkland deli hoagie
mini corn dogs
Sidelines
french fries
celery sticks w/dip

18 The Main Events

toasted cheese sandwich
chicken nuggets
Sidelines
dinner roll
cream of tomato soup

25 The Main Events

egg mctrojan
yogurt
Sidelines
french toast sticks
tater tots

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Lunch includes fruit and milk

Menu subject to change without prior notice

Prices:

Student @ \$2.85

Reduced @ \$.40

Adult @ \$3.85

Breakfast Menu

Middle Schools and High School

Monday	Tuesday	Wednesday	Thursday	Friday
mini pancakes	egg, turkey sausage, & cheese on english muffin	mini turkey sausage wrapped in pancake	egg, turkey sausage, & cheese on english muffin	mini waffles
OR	OR	OR	OR	OR
donut, wg	cereal, wg and yogurt, 4 oz	donut, wg	cereal, wg and yogurt, 4 oz	donut, wg
OR	OR	OR	OR	OR
bagel, wg with cream cheese	bagel, wg with cream cheese	bagel, wg with cream cheese	bagel, wg with cream cheese	bagel, wg with cream cheese
OR	OR	OR	OR	OR
PBJ sandwich	PBJ sandwich	PBJ sandwich	PBJ sandwich	PBJ sandwich



**breakfast includes choice of fruit,
juice, and milk**

**student prices: \$.00 to free
 \$.30 to reduced
 \$1.60 to paid**