

# WIS MIDDLE UPPER SCHOOL MENU

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Homemade Soups Monday Thursday</p> <p><b>Winter Break</b></p>	<p>1</p> <p><b>Winter Break</b></p>	<p>2</p> <p><b>Winter Break</b></p>	<p>3</p> <p><b>Winter Break</b></p>	<p>4</p> <p><b>Winter Break</b></p>
<p>7 Turmeric Chicken Quinoa Primavera &amp; Stuffed Tomato Option Garden Burger Vegetable Soup</p>	<p>8 Hamburger w/ Lettuce Tomato w / Pretzel Roll Red Roasted Potatoes Option Garden Burger</p>	<p>9 Cheese Ravioli Pasta w/ Marinara Sauce Grilled Vegetables Herb Garlic Bread Caesar Salad</p>	<p>10</p> <p>PIZZA TEAM Fresh Salad Bar</p>	<p>11</p> <p>GRILL TEAM</p>
<p>14 Baked Cod Fish Macaroni Cheese Tossed Salad Chicken Noodle Soup Option Hummus Platter</p>	<p>15 Brazilian Chicken w/ Vegetarian Paella Garden Salad Vegetarian Option Vegetarian Wrap</p>	<p>16 Penne Pasta w/ Meat Marinara Sauce Bread Sticks Fresh Roasted Zucchini</p>	<p>17</p> <p>PIZZA TEAM Fresh Salad Bar</p>	<p>18</p> <p>GRILL TEAM</p>
<p>21</p> <p><b>Martin Luther King Holiday</b></p>	<p>22 Fish Taco Cilantro Rice Steamed Carrots Mexican Toss Salad Option Vegetable Taco</p>	<p>23 Chicken Alfredo w/ Bowtie Pasta Steamed Broccoli Caesar Salad Option: Vegetarian Stir Fry</p>	<p>24</p> <p>Pizza Team Fresh Salad Bar</p>	<p>GRILL TEAM</p>
<p>28 Turkey Burger /W Multigrain Roll Lettuce Tomato Aztec Corn Salad Minestrone Soup</p>	<p>29 Orange Chicken Jasmine Rice Vegetarian Eggroll Fresh Asian Vegetables</p>	<p>30 Spaghetti Pasta Meatballs w/ Marinara Sauce Garlic Bread Fresh Green Beans Garden Salad</p>	<p>31</p> <p>Pizza Team Fresh Salad Bar</p>	