

January 2022 Middle School

	Monday	Tuesday	Wednesday	Thursday	Friday
2	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan
Breakfast	Cereal Bowl & Cheese Stick	Mini Pancakes	Breakfast Kit	Zucchini Bread	Cereal Bar & Bug Bites
Juice and:	Pears	Peaches	Applesauce	Apple Slices	Orange Slices
Lunch					
Entree	French Toast and Sausage	All Beef Hot Dogs	Turkey & Gravy/Dinner Roll	Walking Taco	Chicken Patty/Bun
Veg Entree	Calzone w/Marinara Chicken Patty/Bun	Bean & Cheese Burrito/Salsa Pizza	Vegetarian Nuggets Hamburger/Cheeseburger	Grilled Cheese Chicken Patty/Bun	Cheese Filled Breadsticks/Marinara Hamburger/Cheeseburger
Veggies	Roasted Potatoes Veggie Juice	Green Beans Vegetarian Beans	Whole Kernel Corn Mashed Potatoes	Grape Tomatoes Refried Beans	Broccoli Florets Sweet Potato Fries
Fruit	Fruit Cocktail	Orange Slices	Strawberry Cup	100% Juice Ice Slushie	Apple Slices
3	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan
Breakfast	Mini Cinnis	Breakfast Bar & Cheese Stick	Banana Bread	Breakfast Kit	Cereal Bowl & Cheese Cubes
Juice and:	Applesauce	Peaches	Orange Slices	Fruit Cocktail	Pineapple
Lunch					
Entree	Corn Dog or Mini Corn Dogs	Turkey Stick/Cheese/Muffin	Chicken Tenders & Goldfish Crackers	Pancakes and Scrambled Eggs	Chicken & Rice Bowl
Veg Entree	Cheese Quesadilla/Salsa Chicken Patty/Bun	Pizza Hamburger/Cheeseburger	Deli Sub Pizza	Build Your Own Flatbread Pizza Chicken Patty/Bun	Vegetarian Rice Bowl Hamburger/Cheeseburger
Veggies	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad	Carrot Sticks Green Beans	Veggie Juice Sweet Potato Fries	Garden Salad Oriental Vegetables
Fruit	Strawberry Cup	Pears	Mandarin Oranges	Orange Slices	Apple Slices
4	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan
Breakfast		Mini Pancakes	Cereal Bowl & Bug Bites	Fruit Filled Pastry	Breakfast Bar & Cheese Stick
Juice and:		Peaches	Mandarin Oranges	Strawberry Cup	Applesauce
Lunch					National Hot Sauce Day
Entree		Fish Sandwich or Sticks	Sloppy Joe	All Beef Hot Dogs	Chicken Nachos
Veg Entree		Pizza Chili and Corn Bread	Omelet/Muffin Chicken Patty/Bun	Grilled Cheese Pizza	Pizza Hamburger/Cheeseburger
Veggies	Steamed Vegetables Waffle Fries	Carrot/Celery Sticks Roasted Potatoes	Seasonal Fresh Veggie Sweet Potato Fries	Red Pepper Strips Black Beans	
Fruit	100% Juice Ice Slushie	Orange Slices	Apple Slices	Mandarin Oranges	
5	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan
Breakfast	Breakfast Kit	Mini Cinnis	Yogurt & Bug Bites	Benefit Bar	Cereal Bowl & Cheese Stick
Juice and:	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
Lunch		Birthday Treat Day			
Entree	Orange Chicken/Rice	Wrap Sandwich	Burrito Bowl	Turkey Bacon Cheeseburger	Chicken Patty/Bun
Veg Entree	Sunbutter Pack Pizza	Lasagna Hamburger/Cheeseburger	Cheese Filled Breadsticks/Marinara Chicken Patty/Bun	Yogurt/Cheese/Grain Pizza	Mac & Cheese Hamburger/Cheeseburger
Veggies	Veggie Sticks Oriental Vegetables	Cucumber Slices Baked Fries	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
Fruit	100% Juice Ice Slushie	Peaches	Juice	Pineapples	Pears
1	31-Jan	1-Feb	2-Feb	3-Feb	4-Feb
Breakfast	Mini Bagels				
Juice and:	Applesauce				
Lunch					
Entree	Popcorn Chicken Bowl				
Veg Entree	Cheese Filled Breadsticks/Marinara Pizza				
Veggies	Corn Mashed Potatoes				
Fruit	Pears				