



**Our Mission:**  
*The purpose of the Child Nutrition Program, in partnership with our school community, is to provide healthy and balanced meals by offering excellent service, while promoting nutrition and wellness.*

**Albemarle County Public Schools  
 Middle School Menu  
 December—February 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>				
<b><u>Breakfast</u></b> Pancake Wrapped Sausage  <b><u>Lunch</u></b> Local Hummus Platter Crispy Chicken Sandwich French Fries Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Frudel  <b><u>Lunch</u></b> Grilled Chicken Salad Cheezy Bread w/ Sauce Steamed Broccoli Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad French Toast Sausage Patty Tater Tots Warm Cinnamon Apples	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Chili / Cheese Nachos Refried Beans Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Asian Chicken Manager's Choice Brown Rice Stir Fry Vegetables Mini Carrots/Assorted Fruit
<b>Week 2</b>				
<b><u>Breakfast</u></b> Pancake Wrapped Sausage  <b><u>Lunch</u></b> Local Hummus Platter Pork BBQ on Bun Baked Beans Creamy Coleslaw Assorted Fruit	<b><u>Breakfast</u></b> Frudel  <b><u>Lunch</u></b> Grilled Chicken Salad Pasta & Meatballs w/ Bread Stick Steamed Broccoli Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Crispy Fish Sticks w/Bread Stick Tater Tots Seasoned Green Beans Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Crispy Chicken Sandwich French Fries Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Chicken Pot Pie Manager's Choice Mini Carrots Assorted Fruit
<b>Week 3</b>				
<b><u>Breakfast</u></b> Pancake Wrapped Sausage  <b><u>Lunch</u></b> Local Hummus Platter Meatball Sub French Fries Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Frudel  <b><u>Lunch</u></b> Grilled Chicken Salad Cheezy Bread w/ Sauce Steamed Broccoli Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Chicken Nuggets w/Bread Stick Roasted Potatoes & Veggies Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Chili / Cheese Nachos Refried Beans Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Chicken and Veggie Dumpling Manager's Choice Brown Rice Stir Fry Vegetables Mini Carrots / Assorted Fruit
<b>Week 4</b>				
<b><u>Breakfast</u></b> Pancake Wrapped Sausage  <b><u>Lunch</u></b> Local Hummus Platter Mac & Cheese w/Bread Stick Steamed Broccoli Mini Carrots w/ Ranch Assorted Fruit	<b><u>Breakfast</u></b> Frudel  <b><u>Lunch</u></b> Grilled Chicken Salad Grilled Cheese Soup Du Jour Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Crispy Fish Sticks w/Bread Stick Whipped Potatoes Seasoned Green Beans Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Crispy Chicken Sandwich French Fries Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Southwest Chicken Wrap Manager's Choice Baked Beans Fresh Broccoli Assorted Fruit

**December 2022**

M	T	W	Th	F
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

**January 2023**

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31	1	2	3

**February 2023**

M	T	W	T	F
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	1	2	3

**MEAL PRICES**

Breakfast K-12	\$1.75
Reduced Price Breakfast	\$0.00
Lunch: Elementary	\$3.25
Lunch: Middle-High	\$3.45
Reduced Price Lunch	\$0.00
Adult/ Visitor Ala Carte	
Ala Carte Milk	\$ .65

**Daily Offerings**

**Daily Breakfast Offerings**  
 Cereal w/Graham Cracker  
 Assorted Juice and Fruit  
 Fat Free or 1 %Milk

**Lunch Offerings**  
 Assorted Pizza  
 Assorted Subs  
 Crackers offered w/Meal Salads  
 Peanut Butter Jelly Sandwich  
 w/String Cheese & Crackers  
 Fresh Veggie and Fresh Fruit  
 Fat Free or 1 %Milk

**EVERY WEEK GRAB-N-GO LINE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders Garlic Stick Tater Tots	Spicy Chicken Sandwich Tater Tots	Popcorn Chicken Garlic Stick Tater Tots	Cheeseburger Tater Tots	Corn Dog Tater Tots

We appreciate your patience as we continue to experience supply chain shortage. As the daily menu may change.

USDA is an equal opportunity provider and employer.