




January 2023

Middle School Lunch Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|--|---|--|---|
| 2 NO SCHOOL | 3 NO SCHOOL | 4 NO SCHOOL | 5 *Chicken Tenders w/ Pretzel Rod *Steamed Carrots *Cold Green Peas *100% Orange Juice *Fresh Whole Fruits | 6 *BBQ Pork Rib Sandwich *Green Beans *Fresh Red Pepper Strips *Zucchini Slices *100% Fruit Juice *Fresh Whole Fruits | Special News...  Did You Know? *Our Grains are whole-grain rich *We offer fresh fruits & veggies every day! *100% Fruit Juice is offered for both Breakfast & Lunch *Sunbutter & Jelly, Cheese Sandwich Available Daily *1% White, & Fat Free Chocolate Milk Always Available! Lunch Prices Paid: \$3.20 Reduced: \$0.40 Menus are subject to change without notice. |
| 9 *Fish Melt *Golden Sweet Corn *Baby Carrots *Garbanzo Beans *Fresh Whole Fruits *100% Fruit Juice | 10 *Meatball Pizza Sub *Winter Veggie Blend *Fresh Cucumber Slices *Side Salad *Fresh Whole Fruits *100% Apple Juice | 11 *Chicken Nuggets & Pretzel Rod *Vegetarian Baked Beans *Fresh Broccoli *Celery Sticks *Fresh Whole Fruits *100% Grape Juice | 12 *Chicken Quesadilla *Green Beans *Side Salad *Grape Tomatoes *Fresh Whole Fruits *100% Orange Juice | 13 *Max Snaxx Pizza Sticks *Steamed Peas *Red Pepper Strips *Zucchini Slices *Fresh Whole Fruits *100% Fruit Juice | |
| 16 NO SCHOOL | 17 *Corn Dog *Green Beans *Baby Carrots *100% Apple Juice *Fresh Whole Fruits | 18 *Chicken Patty Parmesan *Steamed Carrots *Fresh Broccoli *Celery Sticks *100% Grape Juice *Fresh Whole Fruits | 19 *Grilled Cheese Sandwich *Golden Sweet Corn *Side Salad *Grape Tomatoes *100% Orange Juice *Fresh Whole Fruits | 20 *Chicken Drumstick *Peas & Carrots *Red Pepper Strips *Zucchini Slices *100% Fruit Juice *Fresh Whole Fruits | |
| 23 *Popcorn Chicken & Cheez-It's *Green Beans *Baby Carrots *Garbanzo Beans *100% Fruit Juice *Fresh Whole Fruits | 24 *French Toast Sticks & Sausage *Steamed Broccoli *Side Salad *Cucumber Slices *100% Apple Juice *Fresh Whole Fruits | 25 *Cheese Quesadilla *Vegetarian Baked Beans *Fresh Broccoli *Celery Sticks *100% Grape Juice *Fresh Whole Fruits | 26 *Salisbury Steak & Gravy /w Dinner Roll *Mashed Potatoes *Side Salad Grape Tomatoes *100% Orange Juice *Fresh Whole Fruits | 27 *Pizza Crunchers *Steamed Peas *Red Pepper Strips *Zucchini Slices *100% Fruit Juice *Fresh Whole Fruits | |
| 30 *Hot Dog *Mashed Potatoes *Fresh Baby Carrots *Edamame *100% Fruit Juice *Fresh Whole Fruits | 31 *Chicken Nachos *Steamed Corn *Side Salad *Fresh Cucumber Slices *100% Apple Juice *Fresh Whole Fruits | | | | |

DAILY

- Burgers
- Chicken Patty Sandwiches
- Pizza by the Slice



This institution is an equal opportunity provider.