



# JANUARY | 2025

## Middle & High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>31</p>	<p>1 <b>NO SCHOOL</b> (Christmas Break)</p>	<p>2 <b>NO SCHOOL</b> (Christmas Break)</p>	<p>3 <b>NO SCHOOL</b> (Christmas Break)</p>
<p>6 <b>CHOICE:</b> Chicken Tenders w/Goldfish Crackers 35g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: French Fries 18g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p>7 <b>CHOICE:</b> Philly Beef Sandwich 31g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: Baked Beans 29g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p>8 <b>CHOICE:</b> Ravioli w/Marinara 38g &amp; Breadsticks 26g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p>9 <b>CHOICE:</b> BBQ Rib w/Bun 38g Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: Glazed Carrots 10g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p>10 <b>CHOICE:</b> Pizza Crunchers 31g MS / 41g HS Cheeseburger w/Bun 27g Breaded Chicken w/Bun 34g Served with: Broccoli 5g w/Cheese Sauce 3g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>
<p>13 <b>CHOICE:</b> Chicken Nuggets 26g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Mashed Potatoes 14g, *optional Gravy 6g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p>14 <b>CHOICE:</b> Nachos (Chips 33g, Meat 5g, Cheese Sauce 2g) Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p>15 <b>CHOICE:</b> Pancakes 35g w/ Sausage 0g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Smile Potatoes 20g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p>16 <b>CHOICE:</b> Grilled Cheese 27g Goldfish(HS) 14g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Tomato Soup 27g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p>17 <b>CHOICE:</b> French Bread Pizza 23g Max Sticks 30g Bone-in Wings 1g w/Breadsticks 26g Served with: Caesar Salad 5g w/CROUTONS 5g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>
<p>20 <b>NO SCHOOL</b> (MLK Day)</p>	<p>21 <b>CHOICE:</b> Quesadillas 10g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: Glazed Carrots 10g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p>22 <b>CHOICE:</b> Bosco Sticks 17g each BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: California Blend 3g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p>23 <b>CHOICE:</b> Cheeseburger w/Bun 27g BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: French Fries 18g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p>24 <b>CHOICE:</b> Cheesy Bread 27g BBQ Rib w/Bun 38g Wild Mike's Cheese Bites 28g Served with: Broccoli 5g w/Cheese Sauce 3g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>
<p>27 <b>CHOICE:</b> Popcorn Chicken w/Cheez-itz 30g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Mashed Potatoes 14g, *optional Gravy 6g Fresh Carrots, Broccoli, Celery, Fruit &amp; Milk</p>	<p>28 <b>CHOICE:</b> Soft Taco 17g each Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Refried Beans 28g Fresh Broccoli, Tomatoes, Cucumbers, Fruit &amp; Milk</p>	<p>29 <b>CHOICE:</b> Mozzarella Sticks 32g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Green Beans 4g Fresh Carrots, Tomatoes, Cauliflower, Fruit &amp; Milk</p>	<p>30 <b>CHOICE:</b> Scrambled Eggs 2g w/French Toast 35g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Swt Potato Fries 25g Fresh Broccoli, Tomatoes, Celery, Fruit &amp; Milk</p>	<p>31 <b>CHOICE:</b> Cheese or Pepperoni Pizza 27g Bosco Sticks 17g each Boneless Wings w/Breadstick 36g Served with: Caesar Salad 5g w/CROUTONS 5g Fresh Carrots, Cauliflower, Cucumbers, Fruit &amp; Milk</p>

**PARENT INFO**

**HS/MS STUDENT PRICES:**

Breakfast: FREE  
Full price MS lunch: \$2.90  
Full price HS lunch: \$3.10  
Student Salad: \$3.40  
Reduced price MS/HS lunch: \$0.40  
FREE (waived for the 24-25 school year)  
Free lunch: FREE  
**\*\*STUDENTS MUST HAVE ADEQUATE MONEY ON THEIR ACCOUNT IN ORDER TO PURCHASE ANY OF THE ITEMS IN RED! A la carte, extra main dish, extra fruit or veggie, and Milk(only).**

**DAILY MAIN DISH OPTIONS:**

Three rotating hot options listed on each day's menu. In addition to these options: PBJ Uncrustable  
Chef Salad

**SAUCE PACKETS AVAILABLE, DEPENDING ON THE MAIN MENU ITEM - CARB COUNTS:** Ketchup 2g, Mustard 0g, Mayo 1g, BBQ Sauce 10g, Syrup 30g, Salsa 2g, Taco Sauce 1g

**FRESH FRUIT & VEGGIES**

A variety of fresh veggies with ranch 2g will be offered daily, along with many fresh fruit options.

**BREAKFAST**

Breakfast is FREE and served in two convenient locations in the hallway, between 7:45 am – 8:00 am. All middle and high school students are encouraged to take FREE breakfast! Breakfast includes: 2 grains or 1 grain + 1 meat/meat alternative, 100% fruit juice and/or fruit, and milk.

*Menu is subject to change. The average carb count for canned fruit = 19-22g per 1/2 cup serving and fruit juice averages 13g carbs. The average carb count for 1/2 cup fresh raw vegetables = 5.4g. White milk is 13g, chocolate milk is 24g and strawberry milk is 29g. We follow Offer vs. Serve policy. This institution is an equal opportunity provider.*