

# January Middle School Menu

This institution is an equal opportunity provider.

# 2025



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Muffin Tops Fish N Chips, Charcuterie Box, Chicken Strip Salad	Scrambled Eggs Cheeseburger Sliders, Charcuterie Box, Chicken Strip Salad	Pancakes Pizza, Charcuterie Box, Chicken Strip Salad	Madgriddle Mac N Cheese, Charcuterie Box, Chicken Strip Salad	Cinnamon Roll Chicken & Waffles, Charcuterie, Chicken Strip Salad
13	14	15	16	17
Pumpkin/ Banana Bread Broccoli Chicken Alfredo, Chef Salad, Roast Beef Sub	Breakfast Pizza Chicken Nuggets, Chef Salad, Roast Beef Sub	Waffles Pizza, Chef Salad, Roast Beef Sub	Mini cinnis Chicken Fajitas, Chef Salad, Roast Beef Sub	Cheese Omelet Grilled Cheese w/ Tomato Soup, Chef Salad, Roast Beef Sub
20	21	22	23	24
No School: Martin Luther King Jr. Day	Yogurt Parfait Chicken Parmesan, Muffin & Protein Box, Bacon Chx Ranch Sub	Mini Donuts Cheeseburger, Muffin & Protein Bistro Box, Bacon Chx Ranch Sub	Crunchy Potato Casserole Orange Chicken, Muffin & Protein Bistro Box, Bacon Chx Ranch Sub	Poptarts Loaded Bean & Cheese Burrito, Muffin & Protein Bistro Box, Bacon Chx Ranch Sub
27	28	29	30	31
Muffin Tops Popcorn Chx Mashed Taters, Turkey & Cheese Sandwich, Mediterranean Bento Box	Scrambled Eggs Chicken Sandwich, Turkey & Cheese Sandwich, Mediterranean Bento Box	Pancakes Pizza, Turkey & Cheese Sandwich, Mediterranean Bento Box	Madgriddle Lasagna Roll, Turkey & Cheese Sandwich, Mediterranean Bento Box	Cinnamon Rolls Hot Dog, Turkey & Cheese Sandwich, Mediterranean Bento Box

Vegetarian Entrée \*

Menus are subject to change without notice. Substitutions will be made.

### National School Lunch Program Free & Reduced Priced Meals

Applications for free/ reduced meals are available at [linqconnect.com](http://linqconnect.com) or at your student's school office.

### Negative Balance Policy

We allow students 5 credited meals. Low and negative balances on students' meal accounts will be communicated to household via letter, email, and/or phone. You can add money to your students' account on [linqconnect.com](http://linqconnect.com).

### Meal Prices

Breakfast	\$1.50
RED breakfast	FREE
Lunch	\$3.00
RED Lunch	FREE

Breakfast includes:  
An entrée, a variety of fruit, 100% fruit juice, milk and cereal.

Lunch includes:  
An entrée, fresh fruit and vegetable bar, and milk. A PB&J is offered as an entrée option every day.

Locally sourced Fat Free White and Fat Free Chocolate Milk offered daily.

