ATTEA & SPRINGMAN MIDDLE SCHOOL

JANUARY LUNCH MENU

All lunch entrees offered with choice of fruit(s), vegetable(s), and milk (optional)







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MON	$\overline{ ext{TUE}}$	${ m \underline{WED}}_{8}$	<u>THU</u>	<u>FRI</u>
6 Turkey Barbacoa Burrito or Nachos	7 Pasta with Italian Meat Sauce & Garlic Bread	Brunch For Lunch French Toast with Turkey or Veggie Sausage	9 Buffalo Chicken Wings & Cornbread	Orange Chicken with Rice & Fortune Cookie
Cheese or Turkey Pepperoni Pizza Slice	Baked Cheese Mostaccioli & Garlic Bread	Cheese or Turkey Pepperoni Pizza Slice	Hamburger Cheeseburger Grilled Cheese	Vegan Orange Chicken with Rice & Fortune Cookie
Yogurt Parfait Refried Beans with Cheese	Spicy or Plain Chicken Sandwich	Southwest Chicken Salad Yogurt Parfait	Chicken Caesar Salad Yogurt Parfait	Bosco Sticks with Marinara Sauce
Circust	Chicken Caesar Salad Yogurt Parfait	Hash Browns	Tomato Soup	Yogurt Parfait
	Roasted Broccoli			Stir Fry Veggies
Chicken or Bean Bowl with Cilantro Lime Rice	Alfredo Pasta with Cheesy Garlic Bread	Chicago Style Hot Dog	16 Lemon Chicken Drumsticks with Pita	General Tso Chicken, Rice, & Fortune Cookie
Cheese or Turkey Pepperoni Pizza Slice	Spicy or Plain Crispy Chicken Sandwich	Bean & Cheese Burrito Cheese or Turkey Pepperoni Pizza Slice	Hamburger Cheeseburger Black Bean Burger	Vegan Orange Chicken, Rice, & Fortune Cookie
Yogurt Parfait	Chicken Caesar Salad Yogurt Parfait	Southwest Chicken Salad	Chicken Caesar Salad	Bosco Sticks with Marinara Sauce
Refried Beans Jalapeno, Corn, & Bean	Parmesan Roasted	Yogurt Parfait	Yogurt Parfait	Yogurt Parfait
Salsa	Broccoli	Waffle Fries	Greek Potatoes	Garlic Broccoli
No School	Pasta with Meatballs or	Ham* & Cheese Sliders	23 Chicken Tenders with Pumpkin Bread	24 Yum Yum Chicken with Rice
	Baked Cheese Mostaccioli & Garlic Bread	Cheese or Turkey Pepperoni Pizza Slice Southwest Chicken Salad	Vegan Nuggets with Pumpkin Bread	Mozzarella Sticks with Marinara Sauce
	Spicy or Plain Crispy Chicken Sandwich	Yogurt Parfait	Hamburger Cheeseburger	Yogurt Parfait Sauteed Broccoli
	Chicken Caesar Salad Yogurt Parfait	Sweet Potato Fries	Chicken Caesar Salad	Sauteed Broccon
	Roasted Veggies		Yogurt Parfait	
	28	29	Tater Tots	21
Beef or Bean Cheesy Nachos	Pasta with Italian Meat Sauce & Garlic Bread	Brunch For Lunch French Toast with Turkey or Veggie Sausage	30 Buffalo Chicken Wings & Cornbread	Orange Chicken with Rice & Fortune Cookie
Cheese or Turkey Pepperoni Pizza Slice	Baked Cheese Mostaccioli & Garlic Bread	Cheese or Turkey Pepperoni Pizza Slice	Hamburger Cheeseburger Grilled Cheese	Vegan Orange Chicken with Rice & Fortune Cookie
Yogurt Parfait Refried Beans with	Spicy or Plain Chicken Sandwich	Southwest Chicken Salad	Chicken Caesar Salad	Bosco Sticks with
Cheese	Chicken Caesar Salad	Yogurt Parfait	Yogurt Parfait	Marinara Sauce
	Yogurt Parfait	Hash Browns	Tomato Soup	Yogurt Parfait
	Roasted Broccoli			Stir Fry Veggies

DAILY COLD LUNCH OPTIONS:

PB&J UNCRUSTABLE
YOGURT PARFAIT
ASSORTED SANDWICHES AND WRAPS

PRODUCE BAR OFFERED DAILY WITH A VARIETY OF FRUITS & VEGETABLES *CONTAINS PORK