## Middle School Menu

## January 2025

| farm to Schoor   | MON   | TUE  | WED  | THU   | FRI   |
|--|---|--|--|---|---|
| 4311 1001  | OFFERED DAILY<br>BREAKFAST:   | <b>OFFERED DAILY</b><br>LUNCH:   |  | 2   | 3   |
|  | <ul> <li>Fruit V</li> <li>Whole-Grain Cereals V</li> </ul>  | <ul> <li>Fruits &amp; Vegetables</li> <li>Pizza</li> </ul>   |  | WINTER RECESS   |   |
|  | <ul> <li>Yogurt with Granola ()</li> <li>String Cheese</li> <li>100% Fruit Juice ()</li> <li>Low-Fat White Milk ()</li> <li>Nonfat Chocolate Milk ()</li> </ul> | <ul> <li>Fizza</li> <li>Salads</li> <li>Sandwiches</li> <li>Yogurt with Granola</li> <li>Yogurt with Granola</li> <li>100% Fruit Juice</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> </ul> |  |   |   |
|  | BREAKFAST 6   | BREAKFAST 7  | BREAKFAST 8  | BREAKFAST 9   | BREAKFAST 10  |
| ITEMS OF THE MONTH:  | Cinnamon Waffle 🏷<br>Mini Maple Pancakes 🏷  | Breakfast Burrito<br>Breakfast Bar   | House-Baked Cinnamon Roll<br>Bacon, Egg & Cheese Biscuit<br>Sandwich                     | Egg & Cheese Bites 🔪  | French Toast Sticks<br>w/Fruit Dip 🖓 V<br>House-Baked Cinnamon Roll 🏷<br>Marshmallow Cereal Bar 🦛 |
| ORANGES &  | LUNCH   | LUNCH<br>Mac & Cheese 🖗 🏲  | LUNCH<br>CB&J Sandwich   | Chicken & Mashed Potato<br>Bowl   | LUNCH   |
| ORGANIC TANGERINES<br>Key  | Boneless Wings w/Cornbread<br>Teriyaki Chicken w/Rice<br>Breaded Cheese Ravioli<br>w/Marinara   | Cheeseburger/Hamburger<br>Corn Dog<br>Chocolate Pudding (2) >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>  | Chicken & Veggie Chow Mein<br>Buffalo BBQ Chicken<br>Sliders                             | Chicken & Cheese Taquitos<br>w/Guacamole<br>Grilled Cheese Sandwich<br>Farm to School Cara Cara Oranges                       | PB&J Sandwich V<br>Chili Cheese Nachos<br>Buffalo BBQ Chicken Sandwich                            |
|  | BREAKFAST 13  | BREAKFAST 14   | BREAKFAST 15   | BREAKFAST 16  | BREAKFAST 17  |
| Vegetarian Entrees   | Egg, Cheese, & Sausage<br>Croissant Sandwich 👾 🗯<br>Breakfast Bites 🏷   | Pizza Bagel 🏷<br>Muffin 🏷  | House-Baked Cinnamon Roll<br>PB&J Sandwich<br>LUNCH                                      | Egg, Cheese, & Turkey Sausage<br>Breakfast Burrito<br>Pan Dulce Concha  | Egg, Cheese, & Sausage<br>Biscuit 🖓 🖛<br>House-Baked Cinnamon Roll 🏷<br>Cinnamon Cereal Bar 🏷     |
| <ul> <li>Vegan Entrees</li> <li>All fruits, fresh vegetables, &amp; cereals are vegan.</li> <li>Contains Pork</li> </ul> | LUNCH<br>Quesadilla<br>Orange Chicken w/Rice<br>Bean & Cheese Burrito w/ Pico   | LUNCH<br>Beef Tacos<br>BBQ Turkey Sliders<br>Protein Snack Box   | Southwest Bean Burger V<br>Buffalo Chicken Mac<br>& Cheese<br>Chili Cheese Nachos        | Pancakes & Sausage 🐖<br>Bean & Cheese Pupusa 🏷<br>Cheesy Breadsticks  | LUNCH<br>Chicken Drumstick & Waffle<br>Spicy Bean Nachos ??                                       |
| All grains are   | 20  | BREAKFAST <b>21</b>  | BREAKFAST 22   | BREAKFAST 23  | BREAKFAST 24  |
| whole-grain rich<br>Except cinnamon roll   |   | Egg, Cheese & Turkey Ham   | House-Baked Cinnamon Roll  |   | French Toast Sticks   |
| NEW New Item   | a the   | Croissant Sandwich 🖄<br>Blueberry Waffle 🏷<br>LUNCH  | Egg & Cheese Biscuit 🧐 🏲   | Mini Maple Pancakes   | w/Fruit Dip W V<br>House-Baked Cinnamon Roll T<br>Marshmallow Cereal Bar 🐂                        |
| MENUS ARE SUBJECT TO CHANGE<br>WITHOUT NOTICE.   | Dr. Martin Luther King Jr. Day<br>No School   | BBQ Turkey Mac & Cheese<br>Cheeseburger/Hamburger<br>Hot Dog<br>Chocolate Chip Cookie (20)<br>Farm to School Blood Oranges   | Kickin' Tenders w/Roll V<br>Bacon Chicken Ranch Wrap<br>Buffalo BBQ Chicken<br>Sliders 👾 | Chicken Pozole @ @<br>Chicken & Cheese Taquitos<br>w/Guacamole<br>Strawberry Yogurt Parfait @ `                               | LUNCH<br>PB&J Sandwich V<br>Chili Cheese Nachos M<br>Spaghetti w/Meatballs M                      |
| for more   | BREAKFAST 27  | BREAKFAST 28   | BREAKFAST 29   | BREAKFAST 30  | BREAKFAST 31  |
| information.   | Egg, Cheese, & Sausage<br>Croissant Sandwich 👾 🗯<br>Breakfast Bites 🍾   | Pizza Bagel 🏷<br>Muffin 🏷  | House-Baked Cinnamon Roll <b>PB&amp;J</b> Sandwich <b>V</b>                              | Egg, Cheese, & Turkey Sausage<br>Breakfast Burrito  | Chicken Biscuit Sandwich 👾<br>House-Baked Cinnamon Roll 🏷<br>Cinnamon Cereal Bar 🏷                |
| CALIFORNIA<br>FARM TO SCHOOL<br>NETWORK  | LUNCH<br>Meatball Sub Sandwich<br>Orange Chicken w/Rice<br>Bean & Cheese Burrito w/ Pico  | LUNCH<br>Beef Tacos<br>BBQ Turkey Sliders<br>PB&J Protein Kit  | LUNCH<br>Bean Burrito w/Pico V<br>Buffalo Chicken Mac<br>& Cheese<br>Chili Cheese Nachos | LUNCH<br>Pancakes & Sausage<br>Tamale w/ Spicy Beans<br>Cheesy Breadsticks<br>w/Marinara<br>Farm to School Organic Tangerines | LUNCH<br>Chicken Drumstick & Waffle<br>Spicy Bean Nachos (??)<br>Kung Pao Chicken w/Rice (??)     |