

## Middle School Menu



Week 1	1/6 Monday	1/7 Tuesday	1/8 Wednesday	1/9 Thursday	1/10 Friday
<b>Breakfast</b>	2ct Poptart (2g) Cereal (25)w/ Power Snacks(7)	Breakfast Burrito (21) Cereal (25)w/ String Cheese	WG Chocolate Donuts (42) Cereal (25)w/ Power Snacks(7)	Pancake Sandwich (16) Cereal (25)w/ String Cheese	Frudel Varies by month (36) Cereal (25)w/ Power Snacks(7)
<b>Lunch</b>	Hamburgers/Cheeseburgers (30)	Wings / Mac & Cheese (31)  Turkey & Cheese Munchable (38)	Chicken Tenders (13)  or Cheese (35)/Pepperoni Pizza (33)	BBQ Beef Rib Sandwich  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Super Nachos (42)  or Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	French Fries (24)	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	Refried Beans (28) Celery Sticks
Week 2	1/13 Monday	1/14 Tuesday	1/15 Wednesday	1/16 Thursday	1/17 Friday
<b>Breakfast</b>	4oz Yogurt/Giant Goldfish Cereal (25)w/ Power Snacks(7)	Breakfast Pizza (31) Cereal (25)w/ String Cheese	Cinnamon Roll (52) Cereal (25)w/ Graham (19)	Confetti Mini Pancakes (36) Cereal (25)w/ String Cheese	Banana Bread (46) Cereal(25) w/ GoGurt(14)
<b>Lunch</b>	Mini Corn Dogs (27)  or Cheese (35)/Pepperoni Pizza (33)	Philly Pinwheels  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chx Drum (2) WG Roll (11)  or Cheese (35)/Pepperoni Pizza (33)	Orange Chicken(20) Fried rice(27)  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef & Cheese Tacos (36)  or Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	Tater Smiles (31)	Steamed Carrots	Baked Beans (26)	Steamed Broccoli	Sliced Cucumbers
Week 3	1/21 Tuesday	1/22 Wednesday	1/23 Thursday	1/24 Friday	
<b>Breakfast</b>	Cheese Omelet Cereal (25)w/ String Cheese	WG Powdered Donuts Cereal (25)w/ Graham (19)	Pancake Sausage Stick Cereal (25)w/ String Cheese	French Toast Stick Cereal(25) w/ GoGurt(14)	
<b>Lunch</b>	Pot Stickers (31)  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Breaded Chicken Sandwich (48)  or Cheese (35)/Pepperoni Pizza (33)	Breaded Ravioli (64)  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Chicken Nuggets (13)  or Cheese (35)/Pepperoni Pizza (33)	
<b>Vegetable</b>	California Vegetables 1/2	Sweet Waffle Fries (34)	Spinach Mandarin Salad	Tater Tots (22)	
Week 4	1/27 Monday	1/28 Tuesday	1/29 Wednesday	1/30 Thursday	1/31 Friday
<b>Breakfast</b>	Benefit Bar Variety (see package) Cereal (25)w/ Power Snacks(7)	Egg Sandwich (21) Cereal (25)w/ String Cheese	Muffin Varies by Month(4,6-4,7) Cereal (25)w/ Power Snacks(7)	Breakfast Burrito (21) Cereal (25)w/ String Cheese	strawberry Mini Bagels (42) Cereal (25)w/ String Cheese
<b>Lunch</b>	Beef Sliders (29)  or Cheese (35)/Pepperoni Pizza (33)	Chicken Penne Alfredo  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Mozzarella Pull-Aparts (29) Dinner Roll(11)  or Cheese (35)/Pepperoni Pizza (33)	Popcorn Chicken Bowl (39)  Turkey & Cheese Munchable (38) Cheese (35)/Pepperoni Pizza (33)	Beef Fiestada (43)  Cheese (35)/Pepperoni Pizza (33)
<b>Vegetable</b>	Ranch Beans 1/2c (23)	Carroteenies	Steamed Veggie Blend	Mashed Potatoes(15)	Fresh Broccoli w/Ranch

**Offered Everyday at Breakfast:**

1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk  
100% Fruit Juice

**Offered Every Day at Lunch:**

Fresh Fruit and Vegetable Bar  
1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk

All meals comply with the National School Breakfast and Lunch Programs for nutrition guidelines.

( ) Indicates Carbohydrate Count

Menu Subject to change based on availability.

This institution is an equal opportunity provider.