



# JANUARY MIDDLE SCHOOL LUNCH MENU



**MON**

**TUE**

**WED**

**THU**

**FRI**

Select one **\*lunch entrée**, milk, and up to two fruits and two veggies for a complete meal!

## SERVED DAILY

1% White Milk & 1% Chocolate Milk,

\*Hamburger, \*Cheeseburger,

\*Spicy Chicken Bites,

\*Crispy Chicken Sandwich,

\*Assorted Salads,

\*Fresh Deli Sandwiches,

\*PBJ Sandwich

## HARVEST OF THE MONTH:

Sweet Potatoes, commonly confused for yams, have double the amount of fiber in them than regular potatoes. They also contain double the amount of vitamin A recommended for the day. Sweet potatoes are great as fries, mashed, and candied!



For more information, menus, payment options, [SchoolCafe.com](http://SchoolCafe.com), and more, please visit [elcosd.org](http://elcosd.org) and follow the tabs to Food Services

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31

Happy  
NEW  
YEAR

1

NO SCHOOL

2

\*Pizza Sticks with Dipping Sauce  
\*Big Daddy's Pizza  
Romaine Salad  
Fresh Vegetables with Dip  
Assorted Fruit

5

\*Chicken Tenders with Curly Fries  
Dinner Roll  
\*Big Daddy's Pizza  
California Blend  
Fresh Vegetables with Dip  
Assorted Fruit

6

\*Walking Tacos  
\*Big Daddy's Pizza  
Fiesta Beans  
Mexican Street Corn  
Fresh Vegetables with Dip  
Assorted Fruit  
Fresh Baked Cookie

7

\*Penne Pasta with Marinara or Alfredo Sauce  
Meatballs or Grilled Chicken  
Garlic Knot  
\*Big Daddy's Pizza  
Tossed Salad  
Fresh Vegetables with Dip  
Assorted Fruit

8

\*Meatball Stroganoff over Noodles  
Garlic Knot  
\*Big Daddy's Pizza  
Steamed Peas  
Fresh Vegetables with Dip  
Assorted Fruit

9

\*French Toast Sticks  
Sausage Links  
Hash Brown Patty  
\*Big Daddy's Pizza  
Fresh Vegetables with Dip  
Assorted Fruit

12

\*Chicken Bacon Ranch Sandwich  
\*Big Daddy's Pizza  
Sweet Potato Fries  
Steamed Green Beans  
Romaine Salad  
Fresh Vegetables with Dip  
Assorted Fruit

13

\*BBQ Rib  
Macaroni & Cheese  
Baked Beans  
Corn Muffin  
\*Big Daddy's Pizza  
Coleslaw  
Fresh Vegetables with Dip  
Assorted Fruit

14

\*Macaroni & Cheese  
Steamed Broccoli  
Dinner Roll  
\*Big Daddy's Pizza  
Fresh Vegetables with Dip  
Assorted Fruit  
Mini Ice Cream Sandwich

15

\*Justino's Pizza  
Goldfish Crackers  
Caesar Salad  
Fresh Vegetables with Dip  
Assorted Fruit

16

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- \*Spicy Chicken Bites,
- \*Crispy Chicken Sandwich,
- \*Assorted Salads,
- \*Fresh Deli Sandwiches,
- \*PBJ Sandwich

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19

- \*Popcorn Chicken Raider Bowl
- Mashed Potatoes with Gravy
- Steamed Corn
- Dinner Roll
- \*Big Daddy's Pizza
- Romaine Salad
- Fresh Vegetables with Dip
- Assorted Fruit

20

- Burger Of The Month**
- \*Mac Attack Burger
- Potato Wedges
- \*Big Daddy's Pizza
- Steamed Cauliflower
- Fresh Vegetables with Dip
- Assorted Fruit

21

- \*Breakfast Egg Sandwich with Choice of Bacon or Sausage
- Tater Tots
- \*Big Daddy's Pizza
- Fresh Vegetables with Dip
- Assorted Fruit

22

- \*Tossed Boneless Chicken Wings
- BBQ or Hot Sauce
- Dinner Roll
- \*Big Daddy's Pizza
- Hush Puppies
- Fresh Vegetables with Dip
- Assorted Fruit

23

- \*Tortellini Alfredo with Grilled Chicken
- Garlic Knot
- \*Big Daddy's Pizza
- Steamed Broccoli
- Fresh Vegetables with Dip
- Assorted Fruit

26

- \*General Tso's Chicken over Steamed Rice
- Fortune Cookie
- \*Big Daddy's Pizza
- Steamed Broccoli
- Fresh Vegetables with Dip
- Assorted Fruit

27

- \*Chicken Potstickers with Teriyaki Sauce
- Fried Rice
- \*Big Daddy's Pizza
- Asian Spinach Salad
- Fresh Vegetables with Dip
- Assorted Fruit

28

- \*Cheese Steak Sandwich
- Smiley Fries
- \*Big Daddy's Pizza
- Tossed Salad
- Fresh Vegetables with Dip
- Assorted Fruit
- Fresh Baked Cookie

29

- \*Pork Carnitas Totchos
- Mini Corn on the Cob
- \*Big Daddy's Pizza
- Cilantro Lime Coleslaw
- Fresh Vegetables with Dip
- Assorted Fruit

30

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