

BREAKFAST & LUNCH

JANUARY 2026 NORTH TAPPS MIDDLE SCHOOL

MEALS INCLUDE:
CHOICE OF MILK
FRUIT/VEGGIE VARIETY

*

Monday

Tuesday

Wednesday

Thursday

Friday



HAPPY
NEW
YEAR

FREE MEAL APPLICATIONS AVAILABLE IN FAMILY ACCESS

5

MINI CINNI

CHICKEN NUGGETS

6

BLUEBERRY MUFFIN

SOFT TACOS

7

MAPLE MINI WAFFLES

SOFT PRETZEL & CHEESE

1

NO SCHOOL-
WINTER BREAK

2

NO SCHOOL-
WINTER BREAK

12

MINI BLUEBERRY WAFFLES

BLACK BEAN BURGERS & FRENCH FRIES

13

BREAKFAST SANDWICHES

CHICKEN QUESADILLAS

14

BREAKFAST PIZZA

ROTINI & MARINARA

15

CHOCOLATE MUFFIN

PIZZA THURSDAY

16

STRAWBERRY MINI BAGEL

1/2 DAY-
NO LUNCH SERVED

19

NO SCHOOL-
MARTIN LUTHER KING DAY

20

EGG & HASHBROWNS

WALKING TACO

21

CINNAMON BUN

CHICKEN CHOW MEIN

22

BAGEL & CREAM CHEESE

PIZZA THURSDAY

23

DONUT HOLES

1/2 DAY-
NO LUNCH SERVED

26

NO SCHOOL-
NTMS

27

APPLE CINNAMON MUFFIN

NACHOS

28

BB BAGEL & CREAM CHEESE

MACARONI & CHEESE

29

YOGURT CUP & GRANOLA

PIZZA THURSDAY

30

OATMEAL CHOC. CHIP ROUNDS

1/2 DAY-
NO LUNCH SERVED

NTMS PRICES

BREAKFAST: \$2.75

LUNCH: \$4.00

MILK ONLY: \$0.75

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

PAYMENTS <https://wa-dieringer.intouchrecepting.com>

DETAILED NUTRITIONAL AND ALLERGEN INFO: myschoolmenus.com/organizations/2031

MENU SELECTION MAY CHANGE BASED ON PRODUCT AVAILABILITY