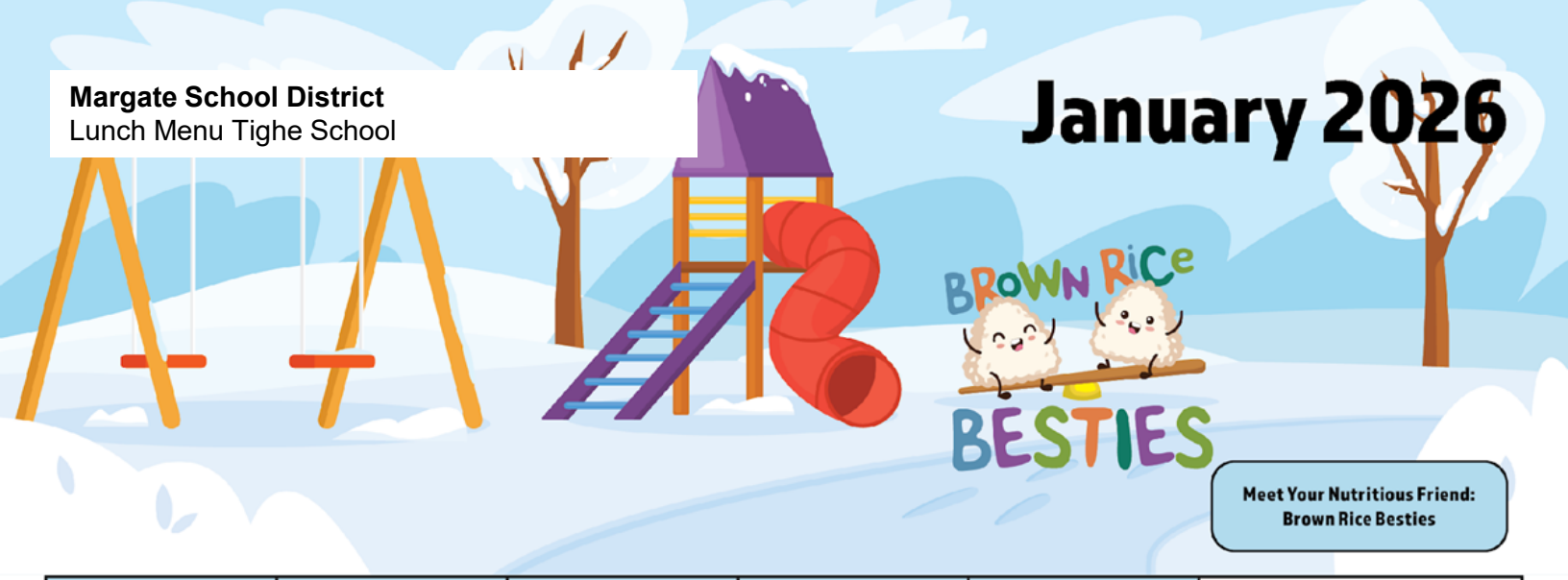
**Margate School District**
Lunch Menu Tighe School

# January 2026




**Meet Your Nutritious Friend: Brown Rice Besties**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **29**<br><br>**5**<br>Chicken & Mashed Potato Bowl with Roll Buffalo Chicken Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Mashed Potatoes<br>Steamed Corn | **30**<br><br>**6**<br>Chicken & Cheese Quesadilla<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Glazed Carrots<br>Salsa | **31**<br><br>**7**<br>Cheeseburger on a Bun<br>Buffalo Chicken Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Steamed Broccoli<br>Carrot Sticks | **1**<br><br>**8**<br>Hot Turkey & Cheese on a Pretzel Bun<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Baked Beans<br>Mandarin Spring Salad | **2**<br><br>**9**<br>Cheese Pizza<br>Tuna Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Oven Roasted Zucchini<br>Carrot & Raisin Salad |
| **12**<br>Toasted Cheese Sandwich (V)<br>Buffalo Chicken Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Tomato Soup<br>Green Beans | **13**<br>Beef Soft Tacos<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Refried Beans<br>Lettuce & Tomato | **14**<br>Chicken Patty on a Bun<br>Buffalo Chicken Salad Italian Hoagie<br>**FEATURED VEGGIES**<br>Tater Tots<br>Baby Carrots | **15**<br>Cheeseburger on a Bun<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Carrot Coins<br>Broccoli Bites | **16**<br>Cheesy Pizza<br>Tuna Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Oven Browned Sweet Potato<br>Corn Salad |
| **19**<br>**SCHOOL CLOSED** | **20**<br>Walking Taco with Pretzel Stick<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Mexicali Corn<br>Tomato & Onion Salad | **21**<br>Cheesesteak on a Roll<br>Buffalo Chicken Salad Italian Hoagie<br>**FEATURED VEGGIES**<br>Oven Baked Fries<br>Ranchero Carrots | **22**<br>Chicken Alfredo over Penne Pasta with Garlic Bread<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Steamed Broccoli<br>Celery Sticks with Ranch | **23**<br>Pepperoni Pizza<br>Tuna Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Cherry Tomatoes<br>Cucumber Slices |
| **26**<br>Cheeseburger on a Bun<br>Buffalo Chicken Salad Italian Hoagie<br>**FEATURED VEGGIES**<br>Steamed Broccoli<br>Cucumber Slices | **27**<br>Nachos Grande<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Latin-Inspired Beans<br>Golden Corn | **28**<br>French Toast Sticks with Sausage<br>Buffalo Chicken Salad Italian Hoagie<br>**FEATURED VEGGIES**<br>Tri Patty Tater<br>Celery Sticks | **29**<br>Chicken Tenders with a Dinner Roll<br>Tuna Salad<br>Turkey & Cheese Hoagie<br>**FEATURED VEGGIES**<br>Mashed Potatoes<br>Broccoli Bites | **30**<br>Cheesy Pizza (V)<br>Tuna Salad<br>Italian Hoagie<br>**FEATURED VEGGIES**<br>Steamed Green Beans<br>Baby Carrots |

## What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

### Choice of Vegetable

Hot vegetable, seasonal fresh vegetables, Veggie Patch

### Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

### Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

## Daily Alternates

½ Cheese & Yogurt Meal with Goldfish Crackers

Melted Cheese Sandwich

Sun Butter & Jelly Meal with Cheese Stick & Goldfish Crackers

Craveables

Weekly Cold Cut Sandwiches & Wraps

**(V) Vegetarian**
*These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg*

**(VG) Vegan**
*These items do not contain any animal products*

## Your Team

**Jennifer Michener, Food Service Director**
609.822.1447 ext. 318
ma0000@metzcorp.com

## Meal Prices

| | |
|---|---|
| Student Lunch | $5.25 |
| Reduced Lunch | $0.00 |
| Faculty Lunch | $6.00 |

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

*Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.*

# Eugene A Tighe

## JANUARY 2026

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 28 WINTER BREAK | 29 WINTER BREAK | 30 WINTER BREAK | 31 WINTER BREAK | 1 HAPPY NEW YEAR !!!!<br><br>WINTER BREAK | 2 WINTER BREAK | 3 |
| 4 BLUE WEEK | 5 | 6 Student Council Mtg @ 7:45am in the PAC (Use door #19) | 7 THINK Day Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 8 | 9 MathCounts Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 10 |
| 11 GOLD WEEK | 12 | 13 | 14 12:45 Dismissal for Students/Staff-Inservice<br><br>THINK Day Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM<br><br>Student Council PB&J (6th-8th grade only) in the Cafeteria<br>12:45 PM - 1:30 PM<br><br>Board of Education Mtg @ Tighe Media Center<br>6:00 PM - 7:00 PM | 15 Little Mermaid School Play in the PAC @ 9:30am & 7:00pm | 16 Little Mermaid School Play in the PAC @ 9:30am & 7:00pm | 17 |
| 18 BLUE WEEK | 19 NO SCHOOL - Martin Luther King Jr's Birthday | 20 | 21 7:35 am Band Club<br><br>THINK Day Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 22 | 23 MathCounts Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 24 |
| 25 GOLD WEEK | 26 MATHLetes Tryouts (5th gr ONLY) in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 27 | 28 7:35 am Band Club<br><br>Winter Pep Rally<br><br>THINK Day Practice in Mrs. Scott's Rm (Use door #16)<br>7:40 AM - 8:10 AM | 29 | 30 MathCounts Practice in Mrs. Scott's Rm. (Use door #16)<br>7:40 AM - 8:10 AM | 31 |

# SOCK COLLECTION FOR THE ATLANTIC CITY RESCUE MISSION

I am a student at OCHS asking your help to reach my goal of collecting 650 pairs of socks for the Atlantic City Rescue Mission by January 15, 2026

Last year we donated 600 pairs!

**Thank you for your help!**

**New socks only please**

Jack@callmejack

Guitarist of Sunrise Cries