


Orange County Schools Middle School Menus for January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Meal Prices Breakfast: $1.75 Lunch: $3.25 Adults: A la carte pricing Menus are subject to change.	**Daily Alternate Breakfast Entrée Options include**: Cereal w/Graham Crackers Assorted Grab & Go Options	Breakfast includes 100% Fruit Juice and Fruit Choice, Breakfast and Lunch include choice of fat-free chocolate or 1% milk.	**January 1** No School Winter Break	**January 2** No School Winter Break
January 5 **Spicy Chicken Biscuit** **Hot Ham & Cheese Sandwich** or **Garlic Pizza Dippers** Tomato Soup Seasoned Collard Greens Fruit Choice	**January 6** **Cinnamon Roll w/Warm Blueberry Topping** **Chicken Quesadilla** or **Southwest Loaded Fries w/Roll** Black Beans Salsa Fruit Choice	**January 7** **Ham Croissant** **Assorted Pizza** or **Corn Dog** Garden Salad Seasoned Mixed Vegetables Fruit Choice	**January 8** **French Toast w/Warm Strawberry Topping** **Chicken & Waffle w/Strawberry Topping** or **Grilled Cheese Sandwich** Seasoned Potato Tots Broccoli Fruit Choice	**January 9** **Manager's Special** **Assorted Pizza** Buttered Corn Celery & Carrot Cup Fruit Choice
January 12 **Egg & Cheese Biscuit** **Creamy Macaroni & Cheese served with a Sausage Biscuit** or **Spicy Chicken Chunks w/Roll** Black Eye Peas Seasoned Collard Greens Fruit Choice	**January 13** **Eggs, Sausage, & Toast** **Cheesy Soft Taco** or **Crispy Loaded Nachos Spanish Rice** Mexican Street Corn Salsa Fruit Choice	**January 14** **Warm Muffin** **Assorted Pizza** or **Steak & Cheese Hoagie w/Peppers & Onions** Oven Fries Baby Carrots Fruit Choice	**January 15** **Warm Sweet Bread** **Roasted Chicken w/Roll** or **Spaghetti w/Garlic Breadstick** Cherry Tomatoes w/Ranch Sweet Peas Fruit Choice	**January 16** **Manager's Special** **Assorted Pizza** Garden Salad Broccoli Fruit Choice
January 19 No School Martin Luther King, Jr Holiday	**January 20** No School Teacher Workday	**January 21** No School Teacher Workday	**January 22** **Chicken & Waffle w/Warm Fruit Topping** **Turkey Club Sandwich** or **Chicken Wings w/Roll** Seasoned Potato Tots Broccoli Fruit Choice	**January 23** **Manager's Special** **Assorted Pizza** Steamed Cabbage Baby Carrots w/Dip Fruit Choice
January 26 **Spicy Chicken Biscuit** **Hot Ham & Cheese Sandwich** or **Garlic Pizza Dippers** Tomato Soup Seasoned Collard Greens Fruit Choice	**January 27** **Cinnamon Roll w/Warm Blueberry Topping** **Chicken Quesadilla** or **Southwest Loaded Fries w/Roll** Black Beans Salsa Fruit Choice	**January 28** **Ham Croissant** **Assorted Pizza** or **Corn Dog** Garden Salad Seasoned Mixed Vegetables Fruit Choice	**January 29** **French Toast w/Warm Strawberry Topping** **Chicken & Waffle w/Strawberry Topping** or **Grilled Cheese Sandwich** Seasoned Potato Tots Broccoli Fruit Choice	**January 30** **Manager's Special** **Assorted Pizza** Buttered Corn Celery & Carrot Cup Fruit Choice

Nutrition Byte

Exercise = Energize!

Exercise is more than good for you. It can rev up your energy levels and improve your mood. It can also help you focus, sleep better, look good, and stay at a healthy weight. Get ready to energize!

Play 60 – According to the Physical Activity Guidelines for Americans, https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines, youth should be active at least 60 minutes each day. Choose fun ways to move more, be active, and exercise that you enjoy and can make part of your routine.