

JANUARY 2024 MIDDLE SCHOOL LUNCH MENU

| <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|---|--|---|---|---|
| JANUARY 1 <p style="text-align: center;">NO SCHOOL</p> | JANUARY 2 <p style="text-align: center;">Bosco Sticks with Marinara Sauce Steamed Broccoli Tossed Garden Salad Fruit Cup Variety of Milk</p> | JANUARY 3 <p style="text-align: center;">Popcorn Chicken with Dinner Roll and Gravy Mashed Potatoes 100% Apple Juice Variety of Milk</p> | JANUARY 4 <p style="text-align: center;">Cheese Burger on Bun French Fries Tossed Garden Salad Fruit Cup Variety of Milk</p> | JANUARY 5 <p style="text-align: center;">Chicken or Cheese Quesadilla Spanish Rice Fruit Cup Variety of Milk</p> |
| JANUARY 8 <p style="text-align: center;">Breaded Mozzarella Sticks with Pasta and Marinara Sauce Fruit Cup Variety of Milk</p> | JANUARY 9 <p style="text-align: center;">Chicken Nuggets with Waffle Tossed Garden Salad 100% Apple Juice Variety of Milk</p> | JANUARY 10 <p style="text-align: center;">Pork Carnitas or Chicken or Vegetarian Burrito Bowl Corn Salsa Seasoned Black Beans Fruit Cup Variety of Milk</p> | JANUARY 11 <p style="text-align: center;">Grilled Ham & Cheese or Grilled Cheese with Tomato Soup Steamed Broccoli 100% Fruit Punch Variety of Milk</p> | JANUARY 12 <p style="text-align: center;">Spicy Chicken Filet on Bun Tater Tots Sweet & Sour Cucumber Salad 100% Fruit Punch Variety of Milk</p> |
| JANUARY 15 <p style="text-align: center;">NO SCHOOL</p> | JANUARY 16 <p style="text-align: center;">Turkey Hoagie or Cheese Hoagie 100% Apple Juice Variety of Milk</p> | JANUARY 17 <p style="text-align: center;">Max Sticks with Marinara Sauce Tossed Garden Salad Fruit Cup Variety of Milk</p> | JANUARY 18 <p style="text-align: center;">BBQ Chicken Waffle Fry Bowl with Biscuit Cowboy Caviar Fruit Cup Variety of Milk</p> | JANUARY 19 <p style="text-align: center;">EARLY DISMISSAL NO LUNCH</p> |
| JANUARY 22 <p style="text-align: center;">Pasta with Meat Sauce or Pasta with Cheese and Sauce Steamed Broccoli Tossed Garden Salad Fruit Cup Variety of Milk</p> | JANUARY 23 <p style="text-align: center;">Oven Roasted Chicken with Macaroni & Cheese and Dinner Roll 100% Apple Juice Variety of Milk</p> | JANUARY 24 <p style="text-align: center;">Beef or Bean Nacho Supreme Spanish Beans Fruit Cup Variety of Milk</p> | JANUARY 25 <p style="text-align: center;">Buffalo Chicken Wrap or Buffalo Vegetarian Wrap Oven Roasted Potatoes 100% Fruit Punch Variety of Milk</p> | JANUARY 26 <p style="text-align: center;">Toasted Ravioli with Marinara Sauce Seasonal Roasted Vegetables Tossed Garden Salad Fruit Cup Variety of Milk</p> |

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| JANUARY 29 | JANUARY 30 | JANUARY 31 | | |
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| Bosco Sticks with Marinara Sauce Steamed Broccoli Tossed Garden Salad Fruit Cup Variety of Milk | Popcorn Chicken with Dinner Roll and Gravy Mashed Potatoes 100% Apple Juice Variety of Milk | Soft Shell Chicken or Bean Taco Southwest Beans Fruit Cup Variety of Milk | | |

DAILY ALTERNATE ENTREES MAY INCLUDE:

Pizza
 Chicken Patty or Spicy Chicken Patty on Bun
 Hamburger or Cheese Burger on Bun
 Hot Dog on Bun
 Peanut Butter and Jelly Sandwich
 Assorted Hoagies
 Assorted Salads
 Fruit Smoothie with Soft Pretzel or Yogurt Parfait
 Veggie Burger

AVAILABLE DAILY:

Fresh vegetables: may include baby carrots, cucumbers, tossed salad

Fresh fruit: may include apples, oranges, bananas

Variety of Variety of Milk: unflavored 1% milk, unflavored fat free milk, fat free chocolate milk

Hot vegetables may include: corn, peas, carrots, green beans, mixed vegetable and steamed broccoli

Fruit cups may include: applesauce, strawberry cup, peach cup, mixed fruit, pears

This institution is an equal opportunity provider. Menu subject to change without notice.

WG = Whole Grain

***All grains offered are whole grain rich**