

JANUARY 2019

MIDDLE SCHOOL

- Served Daily:
1. Hot lunch menu
 2. Yogurt lunch
 3. Grab N' Go salads
 4. Grab N' Go hot choices

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
SCHOOL
CLOSED

2
PIZZA
CHEESE OR PEPPERONI
Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

3
TACOS
Soft or Hard

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

4
PIZZA
HOMEMADE

Tossed salad
Steamed carrots
Choice of fruit
Choice of milk

7
CHICKEN NUGGETS

French fries
Steamed carrots
Choice of fruit
Choice of milk

8
HAMBURGER

Homemade soup
Lettuce & tomato
Sweet potato tots
Choice of fruit
Choice of milk

9
ROTINI &
MEATBALLS

Tossed Salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

10
WALKING TACOS

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

11
PIZZA
HOMEMADE

Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk

14
POPCORN CHICKEN

Sweet potato tots
Carrot sticks
Choice of fruit
Choice of milk

15
CHEESESTEAK
SANDWICH

Homemade soup
Baked beans
Lettuce & tomato
Steamed corn
Choice of fruit
Choice of milk

16
MEATBALL PARMIGIANA
SANDWICH

Tossed salad
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

17
FRENCH TOAST
& SAUSAGE

Tator Tots
Warmed apples
Bagged carrots
Choice of fruit
Choice of milk

18
PIZZA
HOMEMADE

Tossed salad
Veggie sticks & dip
Choice of fruit
Choice of milk

21
SCHOOL
CLOSED

22
HOT DOG

Homemade soup
Sweet potato tots
Baked beans
Choice of fruit
Choice of milk

23
WAFFLES
& BACON

Tator tots
Bagged carrots
Warmed apples
Choice of fruit
Choice of milk
Baked dessert

24
MAC & CHEESE

Steamed broccoli
Tossed salad
Choice of fruit
Choice of milk

25
PIZZA
HOMEMADE

Tossed salad
Steamed carrots
Choice of fruit
Choice of milk

28
SCHOOL
CLOSED

29
CHEESE
CRUNCHERS

Homemade soup
Tossed salad
Maranara dip cup
Green beans
Choice of fruit
Choice of milk

30
GRILLED CHEESE

French fries
Steamed broccoli
Choice of fruit
Choice of milk
Baked dessert

31
NACHOS GRANDE

Refried beans
Lettuce, tomato,
Cheese, Salsa, rice
Choice of fruit
Choice of milk

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

PIZZA Served every day

Offered with each complete lunch:

Milk-Skim, 1% white, fat free chocolate. 100% fruit juice is also available once a week with lunch. Choice of fruit can include: Apples, oranges, bananas, cantelope, grapes, mixed fruit, peaches, applesauce, pears, or pineapples.

Homemade soup Tuesdays

LUNCH PRICE \$3.15

BREAKFAST COMBOS \$1.50

YOGURT
EGG SANDWICHES
CEREAL
FRUIT POCKETS

YOGURT PARFAITS & SMOOTHIES served everyday.

On line payments:
www.schoolcafe.com