

MIDDLE SCHOOL MENU

JANUARY 2017



Monday	Tuesday	Wednesday	Thursday	Friday
1 Christmas Break	2 Christmas Break	3 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Green Salad & Fruit	4 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	5 Chicken Fritters/ WW Roll Tuna Salad w/Crackers Pinto Beans Mac n Cheese Turnip Greens Tossed Salad & Fruit
8 Cheeseburger Or Chicken Sandwich Or Meatball Sub French Fries, Baked Beans Lett/Tom/Pickle Raw Veggie Medley Tossed Green Salad & Fruit	9 Chicken Soft Taco Beef/Queso Nachos Refried Beans Spanish Rice Fruit Lett/Tom/Sour Cream Tossed Salad	10 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	11 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	12 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
15 No School Martin Luther King Day	16 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	17 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Green Salad & Fruit	18 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	19 Chicken Fritters/ WW Roll Tuna Salad w/Crackers Pinto Beans Mac n Cheese Turnip Greens Tossed Salad & Fruit
22 Cheeseburger Or Chicken Sandwich Or Meatball Sub French Fries, Baked Beans Lett/Tom/Pickle Raw Veggie Medley Tossed Green Salad & Fruit	23 Chicken Soft Taco Beef/Queso Nachos Refried Beans Spanish Rice Fruit Lett/Tom/Sour Cream Tossed Salad	24 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	25 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	26 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
29 Oven Baked Chicken w/roll BBQ Sandwich w/chips Carrots Green Beans Cole Slaw Tossed Green Salad, Fruit	30 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	31 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Salad & fruit		

Assorted fruits and low fat milk offered at each meal

This institution is an equal opportunity provider

Boxed Salads offered Daily: Chef Salad, Chicken Salad, Grilled Chicken Salad, Southwest Salad