

# JANUARY

## Middle School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Teacher Workday</b>  2	<b>Chocolate Muffin (32) 3</b> <i>w/ String Cheese</i> Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (8) Sesame Glazed Popcorn Chicken (33) w/ Brown Rice (48) Steamed Broccoli (3) Oven Baked Sweet Potato Tots (24)	<b>Chicken Biscuit (27) 4</b> Chicken Strips (13) w/ WG Biscuit (20) Sausage Biscuit (20) Oven Baked Home Fries (19) Cajun Pinto Beans (19)	<b>PB&amp;J Sandwich (32) 5</b> Cheese Pizza (33) Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Steamed Corn (17) Roasted Okra (6)	<b>Sausage Breakfast Pizza (21) 6</b> Turkey Pie (26) w/ Biscuit (23) Corn Dog Nuggets (31) Red Bliss Mashed Potatoes (18) Seasoned Green Beans (4)
<b>SNOW DAY</b> 9	<b>SNOW DAY</b> 10	<b>SNOW DAY</b> 11	<b>Banana Bread Slice (43) 12</b> 100% All Beef Cheeseburger (28) BBQ Sandwich (30) Oven Baked Tater Tots (19) Cole Slaw (7) Caesar Salad (7)	<b>Hawaiian Ham &amp; Cheese Melt (28) 13</b> Pepperoni Pizza (33) Mini Cheese Ravioli (36) w/ WG Garlic Breadstick (17) Steamed Corn (17) Steamed Kale (10)
<b>Holiday</b>  16	<b>Sausage Biscuit (23) 17</b> Homestyle Chicken Fillet Sandwich (45) Toasted Cheese Sandwich (28) Both served w/ Rice Krispy Treat (30) Vegetable Beef Soup (14) Caesar Salad (7)	<b>Chicken Biscuit (27) 18</b> Breaded Chicken (11) w/ Original Mac 'N Cheese (20) Meatloaf (6) w/ Original Mac 'N Cheese (20) Oven Baked Sweet Potato Tots (24) Seasoned Green Beans (4)	<b>French Toast Snacks (37) 19</b> Classic Beef Nachos (35) or Rice Bowl (48) Cheese Quesadilla Sliders (32) Mixed Greens (3) Salsa (6) Cajun Pinto Beans (19)	<b>Sausage Breakfast Pizza (21) 20</b> Turkey Pie (26) w/ WG Biscuit (20) Corn Dog Nuggets (31) NC Fresh Sweet Potato (28) Seasoned Green Beans (4)
<b>Teacher Workday</b>  23	<b>Teacher Workday</b>  24	<b>Chocolate Muffin (32) w/ String Cheese (1) 25</b> Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (8) Teriyaki Glazed Popcorn Chicken (30) w/ Brown Rice (48) Steamed Broccoli (3) Glazed Carrots (13)	<b>Chicken Biscuit (27) 26</b> Chicken Strips (13) w/ WG Garlic Breadstick (17) Taco Soup (26) w/ WG Tortilla Chips (34) Oven Baked Home Fries (19) Cajun Pinto Beans (19) Caesar Salad (7)	<b>PB&amp;J Sandwich (32) 27</b> Cheese Pizza (33) Baked Spaghetti (35) w/ WG Garlic Breadstick (17) Steamed Corn (17) Roasted Okra (6)
<b>Sausage Biscuit (23) 30</b> Chili Dog (30) Crispy Fish Fillet Sandwich (40) Oven Baked Potato Wedges (21) Cole Slaw (7)	<b>Chocolate Muffin (32) w/ String Cheese 31</b> Mozzarella Cheese Stuffed Sticks (30) w/ Marinara (8) Sweet Chili Glazed Popcorn Chicken (33) w/ Brown Rice (48) Steamed Broccoli (3) Glazed Carrots (13)	<i>Signifies scratch-made item</i> <i>Signifies items made w/ fresh produce</i> Enjoy fresh NC apples and sweet potatoes this month in your school cafeteria! 	 <b>Here's The Scoop!</b>	

**Offered Daily at Breakfast** – Choice of Strawberry or Brown Sugar Cinnamon Pop tart or WG Dunkin Stix w/ Mozzarella String Cheese, Yogurt w/ Grahams, 100% Fruit Juice, Assorted Fruit, and Choice of Milk

**Offered Daily at Lunch** – Choice of 1% or Skim Milk, Fresh or Chilled Fruit option

**Birthday Celebrations** – Students will enjoy a Rice Krispy Treat with selection of a complete meal – Just look for the balloons!

**Please Note:** Ingredients and menu items are subject to change without notice.

Carbohydrate counts of all menu items are listed beside each item.

\*For more information about Universal Breakfast (UB), go to the School Nutrition tab on the RCSS website.

\*\*Make Payments & View Your Students Account online! Just go to [www.k12paymentcenter.com](http://www.k12paymentcenter.com)

**School Breakfast Prices**  
 \*UB Price - \$0.00, Regular Price - \$1.25  
**School Lunch Prices** – Elementary: \$2.20,  
 Middle/High: \$2.35, Reduced: \$0.40

USDA is an equal opportunity provider and employer.

Revised 1-12-17