



January 2019 Middle School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan--1 WINTER BREAK NO SCHOOL TODAY	Jan--2 WINTER BREAK NO SCHOOL TODAY	Jan--3 WINTER BREAK NO SCHOOL TODAY	Jan--4 WINTER BREAK NO SCHOOL TODAY
Jan--7 Winter Break NO SCHOOL TODAY 	Jan--8 Winter Break NO SCHOOL TODAY Professional Day Work Day 	Jan--9 Bacon Scramble Applesauce Juice Milk	Jan--10 Yogurt Granola Cantaloupe Chunks Juice Milk	Jan--11 Breakfast Burrito Cold Cereal Graham Crackers Banana Juice Milk Salsa
Jan--14 Biscuits & Gravy Diced Pears Juice Milk	Jan--15 Cold Cereal Whole Wheat Toast w/Jelly Pineapple Chunks Juice Milk	Jan--16 Hard Boiled Egg Choice of Muffin Fruit Cocktail Juice Milk	Jan--17 Mini Waffle Breakfast Fresh Fruit Mix Juice Milk	Jan--18 Pancake on a Stick Banana Juice Milk
Jan--21 Martin Luther King's Birthday NO SCHOOL TODAY 	Jan--22 Egg & Cheese English Muffin Orange Wedges Juice Milk	Jan--23 Pancakes w/Syrup Strawberries Juice Milk	Jan--24 Choice of Muffin Yogurt Honeydew Chunks Juice Milk	Jan--25 Breakfast Taco Banana Juice Milk Salsa
Jan--28 Ultimate Breakfast Round Yogurt Breakfast Fresh Fruit Mix Juice Milk	Jan--29 Biscuits & Gravy Orange Wedges Juice Milk	Jan--30 Oatmeal Whole Wheat Toast w/Jelly Applesauce Juice Milk	Jan--31 Cold Cereal Whole Wheat Toast w/Jelly Peaches Juice Milk	


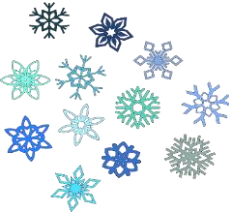

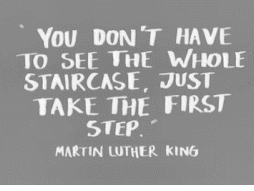
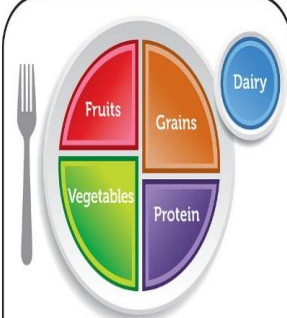
MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY : USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Jan 16, 23, 30 - Early Release | Jan 1 - Jan 8 - Winter Break | Jan 15 - Martin Luther King Holiday





January 2019 Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan--1 Winter Break NO SCHOOL TODAY	Jan--2 Winter Break NO SCHOOL TODAY	Jan--3 Winter Break NO SCHOOL TODAY	Jan--4 Winter Break NO SCHOOL TODAY
Jan--7 Winter Break NO SCHOOL TODAY 	Jan--8 Winter Break NO SCHOOL TODAY Professional Day Work Day 	Jan--9 Chicken Bowl Wheat Roll Pineapple Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fries Fruit & Yogurt Salad	Jan--10 Pork Riblet Sandwich Cucumber Slices Sweet Potato Fries Strawberries Fresh Veggies Milk Burger or Deli Sandwich Crispy Chicken Sandwich	Jan--11 Macaroni & Cheese Green Beans Wheat Roll Fresh Pear Fresh Veggies Milk Chicken Sandwich Pizza Fries Garden Salad
Jan--14 Alfredo Pasta Tossed Salad Breadstick Fresh Apple Fresh Veggies Milk Chicken Sandwich Pizza Fries Chef Salad	Jan--15 Crunchy Tacos Spanish Rice Refried Beans Chopped Lettuce & Tomato Grape Cluster Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	Jan--16 Chicken & Waffles Tater Tots Apricots Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	Jan--17 Meatloaf Mashed Potatoes w/Gravy Mixed Vegetables Wheat Roll Sidekick Smoothie Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	Jan--18 Grilled Ham & Cheese Sandwich Chicken Vegetable Soup Cucumber Slices Fresh Pear Fresh Veggies Milk Chicken Sandwich Pizza / Fries Garden Salad
Jan--21 Martin Luther King's Birthday NO SCHOOL TODAY 	Jan--22 Crispy Chicken Filet Green Beans Mashed Potatoes w/Gravy Wheat Roll Grape Cluster Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	Jan--23 Corndog Tater Tots Baked Beans Applesauce Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	Jan--24 Lasagna Tossed Salad Breadstick Orange Wedges Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	Jan--25 Chicken Fajita Refried Beans Chopped Lettuce & Tomato Honeydew Chunks Fresh Veggies Milk Chicken Sandwich Pizza Fries Garden Salad
Jan--28 Salisbury Steak Mashed Potatoes w/Gravy Steamed Broccoli Wheat Roll Pineapple Chunks Fresh Veggies Chicken Sandwich Pizza Fries Chef Salad	Jan--29 Frito Pie Cornbread Chopped Lettuce & Tomato Whole Kernel Corn Fresh Apple Fresh Veggies Milk Burger or Deli Sandwich Fries Chicken & Fruit Salad	Jan--30 Sloppy Joe Tater Tots Cucumber Slices Diced Pears Fresh Veggies Milk Chicken Sandwich Pizza Fruit & Yogurt Salad	Jan--31 Green Chile Chicken Enchiladas Seasoned Pinto Beans Chopped Lettuce & Tomato Sidekick Smoothie Wheat Roll Fresh Veggies Milk Burger or Deli Sandwich Fries Crispy Chicken Salad	 ChooseMyPlate.gov

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