
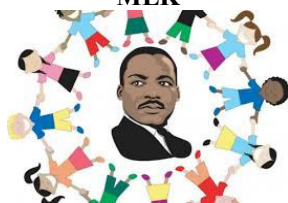


Middle School January Menu 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 School Closed 	3 Oven Baked Chicken Nuggets (6) Sweet Corn Apple Sauce Cup 100% Fruit Juice Hormone Free Milk	4 Penne Pasta Bar Choice of Meat Sauce or Butter Sauce Toasted Garlic Bread Roasted Kale Kiwi Slices 100% Fruit Juice Hormone Free Milk	5 Brunch for Lunch French Toast Sausage Links Hash Brown Potato Fresh Pear 100% Fruit Juice Hormone Free Milk	6 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
9 Grilled Cheese Baked French Fries Chicken Noodle Soup Cucumber Salad Fresh Banana 100% Fruit Juice Hormone Free Milk	10 Spaghetti and Meatballs or Plain Pasta Sautéed Spinach Warm Garlic Bread Chilled Peach Cup 100% Fruit Juice Hormone Free Milk	11 Cheese Quesadilla Seasoned Black Beans with Brown Rice Pico de Gallo Sour Cream/Guacamole Granny Smith Apple 100% Fruit Juice Hormone Free Milk	12 Brunch for Lunch Waffle or Pancake Turkey Bacon Hash Brown Potato Sliced Oranges 100% Fruit Juice Hormone Free Milk	13 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
16 MLK 	17 Sweet and Sour Popcorn Chicken Carolina Rice Steamed Broccoli Orange Slices 100% Fruit Juice Hormone Free Milk	18 Macaroni and Cheese or Pasta with butter Steamed Peas Chilled Peach Cup 100% Fruit Juice Hormone Free Milk	19 Brunch for Lunch French Toast Scrambled Egg Bake Hash Brown Potato Fresh Banana 100% Fruit Juice Hormone Free Milk	20 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk
23 Chicken Tenders Potato Rounds Sautéed Green Beans Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk	24 Rotini Pasta Bar With Marinara Sauce or Butter Sauce Garlic Bread Stick Roasted Brussel Sprouts Red Delicious Apple 100% Fruit Juice Hormone Free Milk	25 Double Taco Soft Shell/Hard Shell Refried Beans Cheddar Cheese Lettuce/Tomato Vegetable Salsa 100% Fruit Juice Hormone Free Milk	26 Brunch for Lunch Waffle or Pancake Sausage Patty Hash Brown Potato Chilled Peach Cup 100% Fruit Juice Hormone Free Milk	27 Sunrise Pizza Buffalo Slice \$4.00 Grandma Slice \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 100% Fruit Juice Hormone Free Milk



SCHOOL LUNCH PRICES
LUNCH: \$4.00
Gluten Free
Rolls, Cereal, Pizza and Pasta, Acai Bar and Rice Noodles available upon request

MEAL OF THE DAY INCLUDES:
Vegetable, Fresh Whole Fruit or 100% Fruit Juice, Hormone Free Skim, Fat Free Choc and 1% Low Fat
Fresh Fruit Basket offered Daily

Pre-Made Sandwiches offered daily with Boar's Head Meats and Deli Bar
(Turkey, Ham, Bologna, Salami Buffalo Chicken, American Cheese)
\$5.75
Sun Butter and Jelly Sandwich

Pre Made Salads Available:
Chicken Caesar, Garden, Greek, Cobb and Chef Salad \$5.25-\$6.00

À la Carte Prices
Mini Poland Spring Water \$1.00
Large Dasani Water \$1.25
Poland Spring Seltzer \$2.50
Naked Smoothie Drink \$2.50
Baked Snack Varieties \$1.25
Fresh Fruit Purchase \$1.00
Small Fruit Salad \$2.50
Fresh Baked Cookie \$1.00
Hot Pretzels \$1.25
Chloe Ice Pops and Mochi Ice Cream

DUE TO SUPPLE CHAIN SHORTAGES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.