

JANUARY

Middle School Lunch Menu

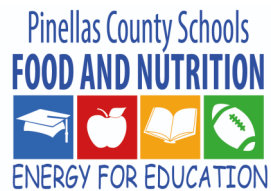


The small but mighty radish contains Vitamin C & Fiber!



No School For Students

DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.
DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.
Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Visit [nutrislice.com](https://www.nutrislice.com) for Menu & Nutrition Information, & to download the app on your mobile device!



Choose One:
Teriyaki Beef Dippers w/ Rice & Roll
Ocean Treasure Fish Nuggets w/ Roll
Fruit & Yogurt Plate
Turkey & Cheese Hoagie/Sandwich
Choose:
Sweet Green Peas
Fresh Veggie Dippers

Choose One:
Featured Item:
Sweet Thai Chili Chicken w/ Rice & Roll
Grilled Cheese
Greek OR Apple-a-Day Salad
Chicken Caesar Wrap
Choose: Tomato Soup
Mixed Side Salad

Choose One:
Tailgate Basket
Cheesy Bread
Chicken Caesar Salad
Deli Carver Combo Sandwich
Choose: Marinara Cup
Mixed Vegetables
Sliced Cucumbers

Scones (NEW flavors!)
Choose One:
Breaded Chicken Sandwich
Loaded BBQ Pork & Cheese Nachos
Yogurt & Fruit Parfait
Turkey Club Wrap
Choose:
Santa Fe Black Beans
Romaine Side Salad

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Choose One:
Chicken Fajita Bowl
Hamburger OR Cheeseburger
Fruit & Yogurt Plate
Turkey & Cheese Hoagie/Sandwich
Choose:
Crispy Fries
Fresh Veggie Dippers

Student Choice Menu
Students choose the hot entrees & vegetable options!
Entrée Salad: *Greek OR Chef Salad*
Sandwich: *Chicken Caesar Wrap*
Side Salad: *Mixed*

Choose One:
Chicken & Waffle
Meat Lovers Stromboli
Apple a Day Salad
Deli Carver Combo Sandwich
Choose: Marinara Cup
Green Beans
Sliced Cucumbers

Choose One:
Beef or Pork Tacos
Max Sticks
Chicken Caesar Salad
Turkey Club Wrap
Choose: Marinara Cup
Refried Fiesta Beans
Romaine Side Salad

Choose One:
Rotini w/ Meat Sauce & Garlic Roll
Chicken Nuggets & Roll
Yogurt & Fruit Parfait
Ham & Cheese Sandwich
Choose: Steamed Broccoli Florets
Fresh Veggie Dippers

Choose One:
Chicken Tender Basket w/ Onion Rings
Fish o' the Sea Sticks w/ Roll or Tacos
Fruit & Yogurt Plate
Turkey & Cheese Hoagie/Sandwich
Choose:
Country Baked Beans
Fresh Veggie Dippers

Choose One:
Featured Item: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles
Pizzaboli
Greek OR Apple-a-Day Salad
Chicken Caesar Wrap
Choose: Marinara Cup
Corn Niblets * Mixed Side Salad

Choose One:
Cheese Quesadillas
Pasta & Meat Sauce or Meatballs, OR Ravioli & Breadstick
Chef Salad
Deli Carver Combo Sandwich
Choose: Salsa Cup * Sliced
Cucumbers * Spinach OR Collards

Choose One:
Designer Burger: Seminole MS Hawkburger
Cheese Sticks & Toasted Ravioli Boat
Chicken Caesar Salad
Turkey Club Wrap
Choose: Marinara Cup * Curly Fries
Romaine Side Salad

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Choose One:
Teriyaki Beef Dippers w/ Rice & Roll
Ocean Treasure Fish Nuggets w/ Roll
Fruit & Yogurt Plate
Turkey & Cheese Hoagie/Sandwich
Choose:
Sweet Green Peas
Fresh Veggie Dippers

Choose One:
Featured Item:
3-Cheese Cavatappi Pasta & Garlic Breadstick
Grilled Cheese
Greek OR Apple-a-Day Salad
Chicken Caesar Wrap
Choose: Tomato Soup
Mixed Side Salad

Choose One:
Tailgate Basket
Cheesy Bread
Chicken Caesar Salad
Deli Carver Combo Sandwich
Choose: Marinara Cup
Mixed Vegetables
Sliced Cucumbers

Scones (NEW flavors!)
Choose One:
Breaded Chicken Sandwich
Loaded BBQ Pork & Cheese Nachos
Yogurt & Fruit Parfait
Turkey Club Wrap
Choose:
Santa Fe Black Beans
Romaine Side Salad

Choose One:
Sweet Thai Chili Chicken w/ Rice & Roll
Mini Cheese Calzones
Chef Salad
Ham & Cheese Sandwich
Choose: Marinara Cup * Baked Beans
Fresh Veggie Dippers