



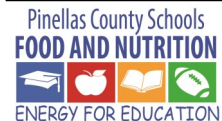
# January Middle Lunch Menu





**DAILY BREAKFAST CHOICES**  
Hot or cold breakfast choices are available daily, i.e.:  
Breakfast Sandwich, Pancakes, Cereal or Cereal Bar & Toast.  
**Must choose at least 1:**  
Fruit or Juice.  
**May choose 1:**  
**Milk**  
Fat Free 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**  
Fat Free Skim, Low Fat White, or Fat Free Chocolate.

**Available for lunch daily:**  
Hot Entrée, meat or meatless Entrée Salads, Cold Sandwiches  
Vegetable choices hot & cold  
Variety of Fruits fresh, cupped, 100% juices



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Professional Development Day</b></p> <p><b>No School for Students!</b></p> 	<p>4</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Yogurt &amp; Fruit Parfait Ham &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Corn Niblets Romaine Side Salad</p>	<p>5</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Chef Salad Turkey Club Wrap</p> <p><b>Choose:</b></p> <p>Crispy Fries Sliced Cucumbers Side Salad</p>	<p>6</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Antipasto or Greek Salad Chicken Caesar Wrap</p> <p><b>Choose:</b></p> <p>Green Beans Mixed Side Salad</p>	<p>7</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Fruit &amp; Yogurt Plate Turkey &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Country Baked Beans Fresh Veggie Dippers</p>
<p>10</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Chicken Caesar Salad Spicy Chicken Wrap</p> <p><b>Choose:</b></p> <p>Broccoli Florets Fresh Veggie Dippers</p>	<p>11</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Yogurt &amp; Fruit Parfait Ham &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Santé Fe Black Beans Romaine Side Salad</p>	<p>12</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Chef Salad Turkey Club Wrap</p> <p><b>Choose:</b></p> <p>Corn Niblets Sliced Cucumbers Side Salad</p>	<p>13</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Antipasto or Greek Salad Chicken Caesar Wrap</p> <p><b>Choose:</b></p> <p>Mixed Vegetable Medley Mixed Side Salad</p>	<p>14</p> <p><b>Choose One:</b></p> <p>*** Hot Entrée Choices</p> <p>Fruit &amp; Yogurt Plate Turkey &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Curly Fries Fresh Veggie Dippers</p>
<p>17</p> <p><b>No School</b></p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>18</p> <p><b>Choose One:</b></p> <p>Beef Tacos or Pork Tacos Cheese Pizza Crunchers Yogurt &amp; Fruit Parfait Ham &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Refried Fiesta Beans Romaine Side Salad</p>	<p>19</p> <p><b>Choose One:</b></p> <p>Pasta w/ Meatballs or Meat Sauce &amp; Breadstick Chicken Tenders w/ Cornbread Onion Rings or Breadstick Apple -A-Day Salad Turkey Club Wrap</p> <p><b>Choose:</b> Green Beans Sliced Cucumbers Side Salad</p>	<p>20</p> <p><b>Choose One:</b></p> <p>Popcorn Chicken, Mashed Potatoes, Gravy &amp; Biscuit Mozzarella Stuffed Garlic - Breadsticks Antipasto or Greek Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Corn Niblets Marinara Sauce Cup Mixed Side Salad</p>	<p>21</p> <p><b>Choose One:</b></p> <p>Tacho Chicken Bowl w/ Rolls Cheesy Fish Filet Sandwich Fruit &amp; Yogurt Plate Turkey &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Country Baked Beans Fresh Veggie Dippers</p>
<p>24</p> <p><b>Choose One:</b></p> <p>Asian Chicken Rice Bowl w/ Chow Mein Noodles Mini Cheese Calzones Chicken Caesar Salad Spicy Chicken Wrap</p> <p><b>Choose:</b> Broccoli Florets Marinara Sauce Cup Fresh Veggie Dippers</p>	<p>25</p> <p><b>Choose One:</b></p> <p>Hamburger on a Bun or Cheeseburger on a Bun Chicken &amp; Cheese Enchiladas Yogurt &amp; Fruit Parfait Ham &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Corn Niblets Romaine Side Salad</p>	<p>26</p> <p><b>Choose One:</b></p> <p>Chicken Nuggets &amp; Cornbread Cheesy Bread Chef Salad Turkey Club Wrap</p> <p><b>Choose:</b></p> <p>Crispy Fries Marinara Sauce Cup Sliced Cucumbers Side Salad</p>	<p>27</p> <p><b>Choose One:</b></p> <p>Chicken Tinga Tacos Cheese Lasagna Roll-Up &amp; Roll Antipasto or Greek Salad Chicken Caesar Wrap</p> <p><b>Choose:</b></p> <p>Green Beans Mixed Side Salad</p>	<p>28</p> <p><b>Choose One:</b></p> <p>Corn Dog or Hot Dog on a Bun w/ Onion Rings Chicken Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Turkey &amp; Cheese Sandwich</p> <p><b>Choose:</b></p> <p>Country Baked Beans Fresh Veggie Dippers</p>
<p>31</p> <p><b>Choose One:</b></p> <p>Teriyaki Beef Dippers w/ Rice &amp; Chow Mein Noodles Max Cheese Sticks Chicken Caesar Salad Spicy Chicken Wrap</p> <p><b>Choose:</b> Broccoli Florets Marinara Sauce Cup Fresh Veggie Dippers</p>	<p>*** Please check with your Cafeteria Manager for Hot Entrée Choices</p>			

**PLEASE NOTE:**  
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.