



# LOWER/MIDDLE SCHOOL LUNCH MENU

## JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>CHRISTMAS HOLIDAYS – NO SCHOOL</b>				
7  <b>Teacher In-Service</b>  No School	8  <b>Entrée:</b> Beef or Chicken Fajita Spanish Rice Pinto Beans Fresh Fruit <b>Mix-It-Up Meal:</b> Bruschetta	9  <b>Entrée:</b> Salisbury Steak Mashed Potatoes Veggies Fresh Fruit <b>Mix-It-Up Meal:</b> Chicken Nuggets	10  <b>Entrée:</b> BBQ Chicken Mac and Cheese Veggies Fresh Fruit <b>Mix-It-Up Meal:</b> Grilled Cheese Sandwich	11  <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Garden Salad Fresh Fruit <b>Mix-It-Up Meal:</b> Pasta Alfredo
14  <b>Entrée:</b> Spaghetti w/ Meat Sauce Side Salad Garlic Breadsticks Fresh Fruit <b>Mix-It-Up Meal:</b> Corn Dog	15  <b>Entrée:</b> Crispy or Soft Tacos Spanish Rice Refried Beans Fresh Fruit <b>Mix-It-Up Meal:</b> Bruschetta	16  <b>Entrée:</b> Pancakes or Waffles Bacon or Sausage Hash Brown Fresh Fruit <b>Mix-It-Up Meal:</b> Hot Dog	17  <b>Entrée:</b> Beef Stew Rice Veggies Fresh Fruit <b>Mix-It-Up Meal:</b> Hamburger	18  <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Garden Salad Fresh Fruit <b>Mix-It-Up Meal:</b> Pasta Marinara
21  <b>Martin Luther King, Jr. Day</b>  School Holiday	22  <b>Entrée:</b> Chicken Fried Steak Mashed Potatoes Veggies Fresh Fruit <b>Mix-It-Up Meal:</b> Fish Nuggets	23  <b>Entrée:</b> Orange Chicken w/Steamed Rice Edamame Egg Roll Fresh Fruit <b>Mix-It-Up Meal:</b> Pizza Panini	24  <b>Entrée:</b> Beef or Cheese Enchiladas Spanish Rice Pinto Beans Fresh Fruit <b>Mix-It-Up Meal:</b> Corn Dog	25  <b>Entrée:</b> Cheese, Pepperoni or Supreme Pizza Garden Salad Fresh Fruit <b>Mix-It-Up Meal:</b> Pasta Alfredo
28  <b>Entrée:</b> Pizza Pasta Garlic Breadsticks Side Salad Fresh Fruit <b>Mix-It-Up Meal:</b> Crispy Chicken Sandwich	29  <b>Entrée:</b> Crispy or Soft Tacos Spanish Rice Pinto Beans Fresh Fruit <b>Mix-It-Up Meal:</b> Chopped Beef	30  <b>Entrée:</b> Pancakes or Waffles Bacon or Sausage Hash Brown Fresh Fruit <b>Mix-It-Up Meal:</b> Hot Dog	31	

### KID PIX MEAL SIDES (SERVED DAILY)

Carrot/Cucumber Sticks  
Steamed Veggies  
Baked French Fries  
Fresh Fruit

### SANDWICH SHOP (SIDES SAME AS KID PIX MEAL)

**MONDAY:** Ham and Cheese  
**TUESDAY:** Tuna Salad  
**WEDNESDAY:** BLT  
**THURSDAY:** Chicken Caesar Wrap  
**FRIDAY:**

### SALAD/SOUP MEAL (SOUP AVAILABLE DAILY)

**MONDAY:** Spinach and Berries Salad  
**TUESDAY:** Southwest Salad  
**WEDNESDAY:** Chef Salad  
**THURSDAY:** Fajita Salad  
**FRIDAY:** Classic Caesar Salad

### A LA CARTE (SERVED DAILY)

Fresh Fruit  
Fruit Cups  
Cheese Stick  
Baked Chips  
Yogurt Parfait

BAKED POTATOES AVAILABLE DAILY (Toppings include: Bacon Bits, Cheddar Cheese, Sour Cream and Chives)