
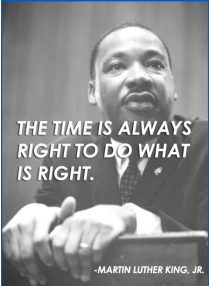


January 2023

MIDDLE School Lunch

MON	TUE	WED	THU	FRI
 <p>Your Feedback is Welcome!</p>	<p>3</p> <p>Pre-Planning Day</p>	<p>4 Entrees</p> <p>Buffalo Chicken Dip With Tortilla Chips Fish Fillet Sandwich</p> <p>Sides (3-4)</p> <p>Broccoli Whole Kernel Corn Chilled Fruit Medley Assorted Juice</p> <p>Grab N Go</p> <p>Yogurt and Fruit Plate</p>	<p>5 Entrees</p> <p>Baked Spaghetti/Roll Bean & Cheese Burrito V</p> <p>Sides (3-4)</p> <p>Tossed Salad Rustic Carrots Sliced Peaches Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p> <p>With : Rice</p>	<p>6 Entrees</p> <p>Galaxy Pizza Veggie Burger v</p> <p>Sides (3-4)</p> <p>Garden Salad Baked Potato Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Charbroiled Chicken Chef Salad</p>
<p>9 Entrees</p> <p>Stuffed Cheese Bites with Dipping Sauce V Soft Beef Taco</p> <p>Sides (3-4)</p> <p>Garden Salad Mexicali Corn Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Nut Butter & Jelly Plate V</p>	<p>10 Entrees</p> <p>Beef & Cheese Nachos Cheese Nachos V Breaded Chicken Sandwich</p> <p>Sides (3-4)</p> <p>Shredded Lettuce & Tomato Fiesta Pinto Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Fajita Chicken Chef Salad</p>	<p>11 Entrees</p> <p>Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Hamburger</p> <p>Sides (3-4)</p> <p>Mixed Green Salad Whole Kernel Corn Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p>	<p>12 Entrees</p> <p>Buffalo Chicken/Roll Veggie Burger V</p> <p>Sides (3-4)</p> <p>Creamy Mashed Potatoes Collard Greens Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Club Shaker Salad Turkey Sub Plate</p> <p>With : Rice</p>	<p>13 Entrees</p> <p>Chicken & Waffles V Turkey & Bacon Croissant</p> <p>Sides (3-4)</p> <p>Power Kale Salad Peppered Carrot Coins Cinnamon Applesauce Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate</p>
	<p>17 Entrees</p> <p>Beef-A-Roni/Texas Toast Hot Dog</p> <p>Sides (3-4)</p> <p>Mixed Green Salad Baked Fries Diced Apricots Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate</p>	<p>18 Entrees</p> <p>Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p>Sides (3-4)</p> <p>Broccoli Whole Kernel Corn Apple Sauce Assorted Juice</p> <p>Grab N Go</p> <p>Yogurt and Fruit Plate</p>	<p>19 Entrees</p> <p>Chicken Pot Pie Fish Fillet Sandwich</p> <p>Sides (3-4)</p> <p>Tossed Salad Rustic Carrots Sliced Peaches Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Mixed Cheese Chef Salad</p>	<p>20 Entrees</p> <p>Galaxy Pizza Vegetarian Chili with Roll</p> <p>Sides (3-4)</p> <p>Garden Salad Baked Potato Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Fajita Chicken Chef Salad</p>
<p>23 Entrees</p> <p>Mexican Cheese Dippers V Soft Beef Taco</p> <p>Sides (3-4)</p> <p>Garden Salad Mexicali Corn Diced Pears Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Nut Butter & Jelly Plate V</p>	<p>24 Entrees</p> <p>Beef & Cheese Nachos Cheese Nachos V Spicy Chicken Sandwich</p> <p>Sides (3-4)</p> <p>Shredded Lettuce & Tomato Fiesta Pinto Beans Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Fajita Chicken Chef Salad</p>	<p>25 Entrees</p> <p>Wild Mike's Cheese Pizza V Wild Mike's Pepperoni Pizza Hamburger</p> <p>Sides (3-4)</p> <p>Mixed Green Salad Collard Greens Whole Kernel Corn Chilled Pineapple Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p>	<p>26 Entrees</p> <p>BBQ Chicken/Roll Veggie Burger V</p> <p>Sides (3-4)</p> <p>Creamy Mashed Potatoes Collard Greens Chilled Fruit Medley Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Club Shaker Salad</p> <p>With : Rice</p>	<p>Friday! Friday!</p> <p>27 Entrees</p> <p>Chicken & Waffles V Turkey & Bacon Croissant</p> <p>Sides (3-4)</p> <p>Power Kale Salad Peppered Carrot Coins Cinnamon Applesauce Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate</p> <p>With : Welch's Fruit Slushie</p>
<p>30 Entrees</p> <p>Roasted Chicken Grilled Cheese with Vegetable Soup</p> <p>Sides (3-4)</p> <p>Caribbean Cabbage Baked Beans Chilled Fruit Medley Assorted Juice</p> <p>Grab N Go</p> <p>Vegetarian Chef Salad V</p> <p>With : Rice</p>	<p>31 Entrees</p> <p>Beef-A-Roni/Texas Toast Corn Dog</p> <p>Sides (3-4)</p> <p>Mixed Green Salad Baked Fries Diced Apricots Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Hummus Plate</p>	<p>1 Entrees</p> <p>Buffalo Chicken Dip With Tortilla Chips Hamburger</p> <p>Sides (3-4)</p> <p>Broccoli Whole Kernel Corn Apple Sauce Assorted Juice</p> <p>Grab N Go</p> <p>Yogurt and Fruit Plate</p>	<p>2 Entrees</p> <p>Baked Spaghetti/Roll Veggie Burger v</p> <p>Sides (3-4)</p> <p>Mixed Green Salad Rustic Carrots Applesauce Fresh Banana</p> <p>Grab N Go</p> <p>Chicken Strip Chef Salad</p>	<p>3 Entrees</p> <p>Galaxy Pizza Vegetarian Chili with Roll V</p> <p>Sides (3-4)</p> <p>Garden Salad Baked Potato Mandarin Oranges Assorted Fresh Fruit</p> <p>Grab N Go</p> <p>Club Shaker Salad</p>

Milk is available with all meals
This institution is an equal opportunity provider.