## Middle School Lunch
**January 2022**

### Lunch Menu

**Tuesday, January 4**
- **Entrees**
  - Grilled Cheese V
  - Burrito Bowl V
- **Sides (3-4)**
  - Mixed Green Salad
  - Lemon Roasted Carrots & Broccoli
  - Assorted Fresh Fruit
  - Assorted Juice
- **Grab-N-Go**
  - Yogurt & Fruit Plate

**Wednesday, January 5**
- **Entrees**
  - Hot Dog
  - Cheeseburger
- **Sides (3-4)**
  - Crinkle Fries
  - Baked Beans
  - Fruit Cocktail
  - Assorted Fruit Juice
- **Grab-N-Go**
  - Yogurt & Fruit Plate

**Thursday, January 6**
- **Entrees**
  - Lemon Pepper Chicken /Roll
  - Grilled Cheese V
- **Sides (3-4)**
  - Green Beans
  - Glazed Sweet Potatoes
  - Pineapple Tidbits
  - Assorted Fruit Juice
- **Grab-N-Go**
  - Charbroiled Chicken Chef Salad

**Friday, January 7**
- **Entrees**
  - Wild Mikes Turkey Pepperoni Pizza
  - Caesar Chicken Wrap
- **Sides (3-4)**
  - Kale Salad
  - Whole Kernel Corn
  - Sliced Peaches
  - Assorted Fresh Fruit
- **Grab-N-Go**
  - Mixed Cheese Chef Salad

**Monday, January 10**
- **Entrees**
  - Grilled Cheese V
  - Burrito Bowl V
- **Sides (3-4)**
  - Mixed Green Salad
  - Lemon Roasted Carrots & Broccoli
  - Assorted Fresh Fruit
  - Assorted Juice
- **Grab-N-Go**
  - Yogurt & Fruit Plate

**Tuesday, January 11**
- **Entrees**
  - Hamburger
  - Bean & Cheese Burrito
- **Sides (3-4)**
  - Lettuce Tomato with Dill Pickle
  - Crinkle Fries
  - Mandarin Oranges
  - Assorted Juice
- **Grab-N-Go**
  - Chicken Strip Salad

**Wednesday, January 12**
- **Entrees**
  - Breaded Spicy Chicken Sandwich
  - Fish Sandwich
- **Sides (3-4)**
  - Cucumber Salad
  - Roasted Sweet Potatoes
  - Fruit Cocktail
  - Assorted Fresh Fruit
- **Grab-N-Go**
  - Summer Vegetarian Salad V

**Thursday, January 13**
- **Entrees**
  - Beef & Cheese Nachos
  - Cheese Nachos
  - Grilled Chicken Sandwich
- **Sides (3-4)**
  - Tossed Salad
  - Green Beans
  - Cinnamon Applesauce
  - Assorted Juice
- **Grab-N-Go**
  - Charbroiled Chicken Chef Salad

**Friday, January 14**
- **Entrees**
  - Wild Mike’s Cheese Pizza V
  - Turkey Ham Sub Sandwich
- **Sides (3-4)**
  - Garden Salad
  - Black-Eyed Peas
  - Sliced Peaches
  - Assorted Fresh Fruit
- **Grab-N-Go**
  - Club Chef Shaker Salad

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Choice of Milk is available with all meals.

This institution is an equal opportunity provider.
**NUTRITION TO GO**

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

**A QUICK BITE FOR PARENTS**

**Choice of Milk is available with all meals**

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<table>
<thead>
<tr>
<th>Monday, January 17</th>
<th>Tuesday, January 18</th>
<th>Wednesday, January 19</th>
<th>Thursday, January 20</th>
<th>Friday, January 21</th>
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<tbody>
<tr>
<td><strong>Entrees</strong></td>
<td>Spicy Chicken Nuggets with Roll</td>
<td>Hot Dog</td>
<td>Lemon Pepper Chicken /Roll</td>
<td>Wild Mikes Turkey Pepperoni Pizza</td>
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<tr>
<td>Martin Luther</td>
<td>Caesar Chicken Wrap</td>
<td>Turkey BLT On Croissant</td>
<td>Vegetarian Lasagna with Texas Toast</td>
<td>Breaded Beef Sandwich</td>
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<tr>
<td>King, Jr.</td>
<td>Sides (3-4)</td>
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<tr>
<td>1929 - 1968</td>
<td>Broccoli</td>
<td>Coleslaw</td>
<td>Caribbean Cabbage</td>
<td>Kale Salad</td>
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<tr>
<td>No School</td>
<td>Rustic Glazed Carrots</td>
<td>Baked Beans</td>
<td>Sweet Potato Boat</td>
<td>Green Beans</td>
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<tr>
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<td>Apple sauce</td>
<td>Fruit Cocktail</td>
<td>Pineapple Tidbits</td>
<td>Sliced Peaches</td>
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<td>Assorted Fresh Fruit</td>
<td>Assorted Juice</td>
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<td>Grab-N-Go</td>
<td>Vegetarian Chef Salad V</td>
<td>Grab-N-Go</td>
<td>Mixed Cheese Chef Salad</td>
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<td>Sunbutter &amp; Jelly Plate</td>
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**What's on Your Plate?**

**Q.** How can you tell if your beans need a shower?!

**A.** Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

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