

JANUARY

4 Day Middle School Dish Up Lunch Menu

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You may pay for meals online at no extra cost, by visiting www.MySchoolBucks.com. Menu Subject to Change.

V = Meatless Option



Our milk varieties include 1% low fat & fat-free choices.



Nutritious seasonal fresh & cupped fruit served daily.



We offer a variety of vitamin and mineral rich vegetables.



We use heart healthy whole grain breads and rice.



All Menus are subject to change.



MONDAY	"TASTE IT" TUESDAY	"WELLNESS" WEDNESDAY	THURSDAY	FRIDAY
<p>2018 HAPPY NEW YEAR</p> <p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>	
<p>8</p> <p>Chicken Tenders (3 piece) or Bean & Cheese Burrito V Potato Wedges ½ cup Fiesta Beans ½ cup Raisels Milk</p>	<p>9</p> <p>Cheeseburger w/bun or Grilled Cheese Sandwich V Baby Carrots 100% Fruit Juice Elf Graham Crackers Milk</p>	<p>10</p> <p>Hot Ham & Cheese Sandwich or Bean & Cheese Burrito V Peas & Carrots ¾ cup Pineapple String Cheese Milk</p>	<p>11</p> <p>Cheese Pizza V or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch 100% Fruit Juice Goldfish Crackers Milk</p>	
<p>MLK Day</p> <p>15</p> <p>No School</p> 	<p>16</p> <p>Breaded Chicken Drumsticks (2 each) & Dinner Roll or Grilled Cheese Sandwich V Creamy Mashed Potatoes ½ cup Campfire Baked Beans ½ cup Peach Cup Colby Jack Cheese Stick Milk</p>	<p>17</p> <p>BBQ Pulled Pork Sandwich or Bean & Cheese Burrito V Baby Carrots w/Ranch 100% Fruit Juice Milk</p>	<p>18</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch Mixed Fruit Tortilla Chips Milk</p>	
<p>22</p> <p>Double Dog or Bean & Cheese Burrito V Tater Tots ¾ cup Pears Chocolate Chip Cookie Milk</p>	<p>23</p> <p>Cheeseburger Sliders or Grilled Cheese Sandwich V Campfire Baked Beans ½ cup Peas & Carrots ½ cup 100% Fruit Juice Milk</p>	<p>24</p> <p>Crispy Chicken Filet Sandwich w/bun or Bean & Cheese Burrito V Baby Carrots w/Ranch Peaches Milk</p>	<p>25</p> <p>Cheese Pizza V or Grilled Cheese Sandwich V Green Salad and/or Celery w/Ranch 100% Fruit Juice Tortilla Chips Milk</p>	
<p>29</p> <p>Hamburger w/bun or Bean & Cheese Burrito V Potato Wedges ½ cup Carrot Coins ¾ cup Pineapple Cup Milk</p>	<p>30</p> <p>Chicken Gordita or Grilled Cheese Sandwich V Fiesta Beans ¾ cup 100% Fruit Juice Tortilla Chips Milk</p>	<p>31</p> <p>Mesquite Chicken Drumsticks (2 each) & Dinner Roll or Bean & Cheese Burrito V Green Beans ½ cup Creamy Mashed Potatoes ½ cup Craisins Milk</p>	<p>1</p> <p>Pepperoni Pizza (contains pork) or Grilled Cheese Sandwich V Green Salad w/Ranch 100% Fruit Juice Goldfish Crackers Milk</p>	