



## Lunch Menu January 7 - 11

## Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Chicken Parmesan Mashed Potatoes, Gravy & Sweet Corn	"Taco Tuesday" Chicken, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	Calzone w/ Dipping Sauce Spinach	Pasta Bowl with Marinara & Meatballs Fresh Veggies	"Inside Out" Grilled Cheese Sandwich w/Tater Tots or Tomato Soup
Cheeseburger  Crispy Chicken Sandwich	Cheeseburger  Meatball	Cheeseburger  Chicken Rings	Cheeseburger  Sloppy Joe	Cheeseburger  Spicy Chicken Sandwich
Cheese  Pepperoni	Cheese  Chicken Ranch	Cheese  Pepperoni	Cheese  Meat Lovers	Cheese  Pepperoni
<b>Made-to-Order Deli</b> Bread: Assorted Breads and Wraps Meat: Smoked Ham, Oven Roasted Turkey, Salami Cheese: Provolone, Cheddar, American Garnishes: Lettuce, Tomatoes, Pickles, Red Onions, Jalapenos, Banana Rings, Black Olives Spreads: Yellow Mustard, Mayo, Ranch, Italian Dressing, Salt & Black Pepper Potato Chips				

### Combo

Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk

### Nutritional Targets

Calories: 800, Iron: 4.5 mg, Calcium: 400 mg, Vitamin A: 1500 IU,  
Vitamin C: 19.18 mg, Protein: 16.7 g, Total Fat Less Than 30%,  
Saturated Fat Less Than 10%

Please discuss any food allergy issues concerning your child with the Food Service Director

This is an equal opportunity provider.

