



# Lunch Menu January 21-25

# Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
No School	"Taco Tuesday" Chicken, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	Chili w/Cheddar Cheese Potato Wedges Cornbread	Spaghetti & Meatballs Parmesan Broccoli Dinner Roll	"Extra Sloppy" Sloppy Joe Sandwich French Fries Buttered Carrots
No School	Cheeseburger  Crispy Chicken Sandwich	Cheeseburger  BBQ Pork	Cheeseburger  Spicy Chicken Sandwich	Cheeseburger  Hot Dog
No School	Cheese  Buffalo Chicken	Cheese  Pepperoni	Cheese  Chicken Alfredo	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				

<b>Combo</b> Includes: Choice of one entrée, two servings of fruits or vegetables, one grain or bread and one low-fat milk	<b>Nutritional Targets</b> 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.

