



## Lunch Menu January 28 – February 1 Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
Lasagna w/Broccoli Breadstick	"Taco Tuesday" Ground Beef, Brown Rice, Cheese, Salsa, Sour Cream, & Black Beans	Calzone w/ Dipping Sauce & Spinach	Tiger Bowl w/Chicken Bites, Mashed Potatoes, Gravy, Corn and Cheddar Cheese	Chicken Alfredo w/Pasta Broccoli Garlic Roll
Cheeseburger Crispy Chicken Sandwich	Cheeseburger Hot Ham and Cheese	Cheeseburger Meatball	Cheeseburger Spicy Chicken Sandwich	Cheeseburger Breakfast Sandwich
Cheese Pepperoni	Cheese Meatball	Cheese Pepperoni	Cheese Chicken Ranch	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%
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Please discuss any food allergy issues concerning your child with the Food Service Director

This is an equal opportunity provider.

