



MIDDLE SCHOOL LUNCH MENU  
JANUARY 2012

Double Deal: Any Second Entrée \$1.75



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>  <p>Happy New Year!</p>	<p><b>3</b></p> <p>Baked Chicken Tenders w/Brown Rice (WG) Pork Egg Roll w/Brown Rice (WG)  Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Seasoned Black Beans Campbell's Minestrone Soup Chilled Pineapple w/Cherry Garnish Dried Fruit Mix</p> <p>NO SALADS AVAILABLE</p>	<p><b>4</b></p> <p>Cheese Quesadilla Turkey Hot Dog on Bun (WG) Steak &amp; Cheese Sub (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Seasoned Potato Wedges Steamed Broccoli Applesauce Craisins Peach Crisp w/Whipped Topping</p>	<p><b>5</b></p> <p>Soft Taco on Flat Bread (WG) w/Shredded Cheese Baked Chicken Fillet on Bun (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Refried Beans Baby Carrots w/Dip Lettuce, Tomato Chilled Pears w/Cherry Garnish Fresh Apple</p>	<p><b>6</b></p> <p>Spicy Chicken on Bun (WG) Baked Fish Fillet on Bun (WG) Grilled Cheese Sandwich (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Green Peas Tossed Salad w/Spinach Chilled Peach Slices Frozen Fruit Juice Bar</p>
<p><b>9</b></p> <p>Macaroni &amp; Cheese w/Flat Bread (WG) Hot Turkey Ham &amp; Cheese on Croissant (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Steamed Broccoli Celery Sticks w/Jicama w/Dip Applesauce Orange Quarters w/Kiwi Dried Fruit Mix</p>	<p><b>10</b></p> <p>Baked Chicken Tenders w/Fruit Roll (WG) Baked Potato w/Beef Chili &amp; Cheese w/Fruit Roll Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Potato Succotash (Lima Beans with Corn) Carrots &amp; Snow Peas w/Dip Chilled Pears w/Cherry Garnish Grapefruit Sections</p>	<p><b>11</b></p> <p>Hamburger on Bun (WG) Cheeseburger on Bun (WG) Grilled Cheese Sandwich (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Seasoned Potato Wedges Seasoned Chili Beans Lettuce, Tomato, Pickle Banana Peach Crisp w/Whipped Topping</p>	<p><b>12</b></p> <p>Spaghetti w/Meat Sauce w/Flat Bread (WG) Spaghetti w/Marinara Sauce w/Flat Bread (WG) Meatball Sub (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Smiley Potatoes Steamed Green Beans Broccoli Carrot Confetti Pineapple w/Cherry Garnish Fresh Apple</p>	<p><b>13</b></p> <p>Spicy Chicken on Bun (WG) Fish Taco on Flat Bread (WG) Cheese Quesadilla Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Mixed Vegetables Lettuce, Tomato Chilled Peach Slices Frozen Fruit Juice Bar</p>
<p><b>16</b></p> <p>Martin Luther King Jr. Holiday</p> 	<p><b>17</b></p> <p>Baked Chicken Tenders w/Brown Rice (WG) Beef &amp; Bean Burrito Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Seasoned Black Beans Corn on the Cob Baby Carrots Pineapple w/Cherry Garnish Dried Fruit Mix</p> <p>NO SALADS AVAILABLE</p>	<p><b>18</b></p> <p>Cheese Quesadilla Canadian Turkey Bacon w/Egg &amp; Cheese on Bun (WG) Steak &amp; Cheese Sub (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Sweet Potato Rounds Tossed Salad w/Spinach Applesauce Orange Quarters w/Kiwi Peach Crisp w/Whipped Topping</p>	<p><b>19</b></p> <p>Soft Taco on Flat Bread (WG) w/Shredded Cheese Baked Chicken Fillet on Bun (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Refried Beans Lettuce, Tomato Chilled Pears w/Cherry Garnish Fresh Apple</p>	<p><b>20</b></p> <p>Spicy Chicken on Bun (WG) Baked Fish Fillet on Bun (WG) Grilled Cheese Sandwich (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Green Peas Baby Carrots &amp; Turnips w/Dip Chilled Peach Slices Frozen Fruit Juice Bar</p>
<p><b>23</b> HAPPY CHINESE NEW YEAR!</p> <p>Pork Egg Roll w/Brown Rice (WG)  Macaroni &amp; Cheese w/Flat Bread (WG) Hot Turkey Ham &amp; Cheese on Croissant (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Steamed Broccoli Celery Sticks w/Snow Peas w/Dip Applesauce Orange Quarters w/Kiwi Dried Fruit Mix</p>	<p><b>24</b></p> <p>Baked Chicken Tenders w/Fruit Roll (WG) Nachos w/Chili &amp; Cheese Sauce Baked Potato w/Chili &amp; Cheese Sauce w/Fruit Roll Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Potato Succotash (Lima Beans with Corn) Carrots w/Green Pepper Strips Chilled Pears w/Cherry Garnish Grapefruit Sections</p>	<p><b>25</b></p> <p>Hamburger on Bun (WG) Cheeseburger on Bun (WG) Grilled Cheese Sandwich (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Seasoned Potato Wedges Seasoned Chili Beans Lettuce, Tomato, Pickle Banana Peach Crisp w/Whipped Topping</p>	<p><b>26</b></p> <p>Spaghetti w/Meat Sauce w/Flat Bread (WG) Spaghetti w/Marinara Sauce w/Flat Bread (WG) Meatball Sub (WG) Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Baked Smiley Potatoes Steamed Green Beans Tossed Romaine Salad Pineapple w/Cherry Garnish Fresh Apple</p>	<p><b>27</b></p> <p>Spicy Chicken on Bun (WG) Fish Taco on Flat Bread (WG) Cheese Quesadilla Peanut Butter &amp; Jelly Sandwich (WG) Yogurt Biteable (WG) Hummus Biteable (WG)</p> <p><b>CHOICE OF TWO</b> Mixed Vegetables Lettuce, Tomato Chilled Peach Slices Frozen Fruit Juice Bar</p>
<p><b>30</b></p> <p>Teacher Work Day</p> 	<p><b>31</b></p> <p>Teacher Work Day</p>	<p><b>January Highlights</b></p> <p>National Mentoring Month National Skating Month Betsy Ross's Birthday 1/1 Benjamin Franklin's Birthday 1/17 Chinese New Year - Year of the Dragon 1/23</p>		
<p><b>EZ SALAD PATCH</b> Chicken Caesar Salad w/Pretzel (WG) Chef's Salad w/Cheese &amp; Egg w/Pretzel (WG)</p>	<p><b>EZ SALAD PATCH</b> Taco Salad w/Chili w/Chips (WG) or Pretzel (WG) Chef's Salad w/Tuna w/Pretzel (WG)</p>	<p><b>EZ SALAD PATCH</b> Southwestern Spicy Chicken Salad w/Black Beans &amp; Corn w/Pretzel (WG) Fruit Salad w/Yogurt &amp; Sun Butter w/Pretzel (WG)</p>	<p><b>EZ SALAD PATCH</b> Oriental Chicken Salad w/Pretzel (WG) Chef's Salad w/Cheese &amp; Pretzel (WG)</p>	<p><b>EZ SALAD PATCH</b> Fruit Salad w/String Cheese &amp; Yogurt w/Pretzel (WG)</p>
<p><b>PIZZA LINE</b> Stuffed Crust Cheese Pizza (WG) Stuffed Crust Pepperoni Pizza (WG) </p>	<p><b>PIZZA LINE</b> Cheese Pan Pizza Pepperoni Pan Pizza </p>	<p><b>PIZZA LINE</b> Cheese Pizza, Pepperoni Pizza  Veggie Pizza, Supreme Pizza </p>	<p><b>PIZZA LINE</b> Big Daddy Cheese Pizza,  Big Daddy Pepperoni Pizza </p>	<p><b>PIZZA LINE</b> French Bread Pizza</p>
<p><b>DELI LINE</b> Spicy Chicken Wrap Flat Bread w/Chicken Tenders</p>	<p><b>DELI LINE</b> Flat Bread w/Spicy Chicken Chicken Caesar Wrap</p>	<p><b>DELI LINE</b> Spicy Chicken Wrap Hummus Veggie Wrap</p>	<p><b>DELI LINE</b> Flat Bread w/Spicy Chicken Flat Bread w/Teriyaki Chicken</p>	<p><b>DELI LINE</b> Spicy Chicken Wrap</p>