



Middle School Lunch Menu

January 2019 Menu

Daily Special Listed Below:		From the Grill Cheeseburger M, TH Chicken Tenders W Turkey Dog T Fish Sandwich F Veggie Burger—Daily—V	From the Oven Vegetarian Pizza Chefs Choice Pizza	From the Deli: Deli Sandwich Yogurt Parfait W, F Hummus Plate M, W Cobb Salad T	South of the Border: Taco Salad TH Burrito M, T, W, TH Nachos F
	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 7-11	Cheese Sticks w/ Dipping Sauce	Turkey Panini Melt	Fish Sticks Potato Wedges	Turkey Gravy with Mashed potatoes and a Roll	Tostada Bowl
Jan 14-18	Beef Tacos	Teriyaki Chicken w/ Asian Noodles	Pretzel w/ Cheese Sauce V	Brunch Lunch Day: Cinnamon Roll V Sausage Scrambled Egg V	Chicken Noodle Soup w/ Cheese Stuffer
Jan 21-25	No School MLK Day	BBQ Pork Sandwich	Lasagna with Garlic Bread	Baked Chicken w/ Roll	Chicken Chili with Corn Bread
Jan 28- Feb 1	Chicken Street Tacos	Stromboli Roll with Dipping Sauce	Chicken Parmesan	Enchilada Stacker V Try it Thursday: Blueberry Bling	No School
Feb 4-8	Turkey Panini Melt	Philly Beef Sub	Fish Sticks Potato Wedges	Turkey Gravy w/ Mashed Potatoes and a Roll	Tostada Bowl
<i>This institution is an equal opportunity provider</i>			<i>Menu subject to change</i>		<i>V= Vegetarian</i>

Meal Prices 2018/2019

Shasta, Prairie Mountain, Meadow View.....\$2.40
Free/ReducedNo Charge
Milk.....\$.75

Available Daily: Color Your Plate variety bar including tossed salad greens, spinach, broccoli, beans, cauliflower, carrots, celery, cucumber, fresh fruit, canned fruit and condiments
1% Milk, Skim Milk and Chocolate Skim Milk

