

JANUARY 2023

Middle School Menu

| Breakfast | Amount | Lunch | Amount |
|-----------|--------|---------|--------|
| Student | \$1.35 | Student | \$2.35 |
| Reduced | \$0.30 | Reduced | \$0.40 |
| Adult | \$1.75 | Adult | \$3.75 |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Workday No school | Barbecued Chicken Fish & Shrimp Basket Cornbread Green Beans Mac & Cheese Okra, Frozen, Breaded Cole Slaw Fruit Freeze Mango Fresh Grapes, Yogurt Plate Fresh Fruit Bowl | Hamburger or Club Sandwich 4 Lettuce &Tomato W/Dill Slices Veggie Medley, Raw W/ Veggie Fries Juice Bar Fresh Fruit Bowl Pear Asian Chicken Salad Plate | Crispito, Chicken Fajitas Pinto Beans Spanish Rice Lettuce Tomato Cup Applesauce W/Cherry, Pears, Yogurt Plate | MANAGERS CHOICE 6 |
| Country Fried Steak Chicken Tender Rolls Cream Potatoes, Peas & Carrots, Green Beans, Fruit Cocktail Oranges, Fresh Fruit Bowl Chef Salad Plate | Pizza,or Nachos w/ cheese sauce Corn, Pinto beans, Peach slices, Juice bar, Fresh fruit bowl Southwestern salad | Chicken Sandwich Ham and Cheese Croissant French fries, Lettuce tomato Pickle, Black bean salsa w. chips, <u>Jell-O w/ fruit</u> Chef salad | Sloppy Jo, Burrito Baked Sweet Potato, Broccoli & Cheese Sauce Romaine Salad, Cry Baby Juice Bar Fresh Fruit Bow] Grilled Chicken Salad | Oven Fried Chicken w/ Roll 3 Ham & Cheese Sandwich, Cream Potatoes, Lima Beans, California Blend Fruit Cocktail: Grapes, Chef Salad Plate |
| Holiday 16 | Hot Dog /Bbq Sandwich Cole Slaw, Roasted Deli Potatoes, Baked Beans, Bananas <u>Grapes, Milk</u> Chef | Pizza Lasagna, Fresh Baked Roll Spinach Salad, Corn on The Cob California Blend Vegetables Applesauce Cool Razz, Fresh Fruit Bowl Grilled Chicken Salad | Vegetable Beef Soup Pimento Cheese Sandwich Or Peanut Butter &Jelly Sandwich Peaches, Veggie Dipper Veggie Fries, Fresh Fruit Bowl | MANAGERS CHOICE 20 |
| Soft tacos (2) or Pizza Lettuce/tomato/Cheese Corn , Veggie medley Peaches Fruit freeze Watermelon Chef Salad | Hot dog or Grilled Cheese sandwich Chili, Baked potato Broccoli w/cheese sauce Carrots w/ dip, <u>Grapes,</u> applesauce w/ cherry garnish <u>Asian chicken salad</u> | Chicken Stir Fry W/ Egg Roll 5 Cheese Sticks W/ Marinara Sauce Corn on The Cob, Romaine Salad Green Beans. Oranges, Tropical Fruit Chef Salad | Pb&J Sandwich or Grilled Cheese Sandwich Chicken Noodle Soup, Saltine crackers, Broc. & Caul. W/Dip Pineapple Tidbits, Dragon, Cool Razz | MANAGERS CHOICE 27 |
| Country Fried Steak Chicken Tender Rolls Cream Potatoes, Peas & Carrots, Green Beans, Fruit Cocktail Oranges, Fresh Fruit Bowl Chef Salad Plate | Pizza Lasagna, Fresh Baked Roll Spinach Salad, Corn on The Cob California Blend Vegetables Applesauce Cool Razz, Fresh Fruit Bowl Grilled Chicken Salad | | 3. | |