

MiddleSchool Lunch Menu

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JANUARY

Wildcats

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*

Fresh Fruits and Vegetables Offered Daily

***Vegetables may include:**
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

***Fruits may include:**
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

Paid \$x.xx
Reduced \$.xx
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	NO SCHOOL	1 No School	2 No School	3 Bosco Cheese Stix Dipping Sauce Corn Choice of Fruit Choice of Milk	4 Cocca's Pizza Broccoli Choice of Fruit Choice of Milk Cookie
	7 Mexican Pizza Sweet Potato Souffe Choice of Fruit Choice of Milk	8 Crispy Chicken Sandwich French Fries Choice of Fruit Choice of Milk	9 Walking Taco Peas Salas, Shredded Cheese Choice of Fruit Choice of Milk	10 Mini Corn Dogs Baked Beans Choice of Fruit Choice of Milk CHIPS	11 Papa Johns Tossed Salad Choice of Fruit Choice of Milk Cookie
	14 Breakfast for Lunch Pancakes Sausage Links Hash Browns Potato Choice of Fruit Choice of Milk	15 Hot Dog with Topping BBQ Baked Beans Choice of Fruit Choice of Milk	16 Homemade ITL Dunker Dipping Sauce Glazed Carrots Choice of Fruit Choice of Milk	17 Classic Cheeseburger Green Beans Choice of Fruit Choice of Milk	18 Cocca's Pizza Tossed Salad Choice of Fruit Choice of Milk Cookie
	21 NO SCHOOL	22 Cocca' Pepperoni Dipping Sauce Seasoned Black Beans Choice of Fruit Choice of Milk	23 Popcorn Chicken Mashed Potato Choice of Fruit Choice of Milk	24 Pasta & Meatballs Carrots & Celery w Dip Choice of Fruit Choice of Milk	25 Papa Johns Tossed Salad Choice of Fruit Choice of Milk Cookie
	28 Pretzel Cheese Sticks Broccoli Choice of Fruit Choice of Milk	29 Cheeseburger Sliders Baked Beans Choice of Fruit Choice of Milk	30 Beefy Nacho Refried Beans Salsa Nancho Chips Choice of Fruit Choice of Milk	31 Toasted Cheese Creamy Tomato Soup Celery & Dip Choice of Fruit Choice of Milk Goldfish Cracker	
	Monday Alternate Corn dog	Tuesday Alternate Bosco Cheese Sticks	Wednesday Alternate Cheeseburger Sliders	Thursday Alternate Salad	Friday Alternate Wraps