

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

JANUARY 2018

Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, entrée salads, yogurt, cereal, main entrée and alternate

Monday

SCHOOLS CLOSED 1
WINTER RECESS

**Happy
New Year!**

Grab 'n Go Breakfast 8

**Cheesesteak
Crispy Fries
Mixed Vegetables**

Alt: Cheeseburger

SCHOOLS CLOSED 15
TEACHER IN-SERVICE



Martin Luther King Jr. Birthday

SCHOOLS CLOSED 22
TEACHER IN-SERVICE



Grab 'n Go Breakfast 29

**Pasta Rigatoni
Tossed Green Salad
Bread & Butter**

Alt: Grilled Ham & Cheese

Tuesday

Grab 'n Go Breakfast 2

**Chinese Chicken
Rice, Beans
Steamed Broccoli**

Alt: Chicken Wrap

Grab 'n Go Breakfast 9

**Grilled BBQ Chicken Strips
w/Cheese
Pierogies, Sweet Peas**

Alt: Cheeseburger

Grab 'n Go Breakfast 16

**Taco Tuesday!!
Taco w/Lettuce, Tomato,
Cheese, Nacho Chips,
Black Bean Salsa**

Alt: Pizza

Grab 'n Go Breakfast 23

**French Toast Sticks w/Syrup
Sausage Links
Hash Browns**

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 30

**Bulldog Bowl
Popcorn Chicken,
Corn, Mashed Potatoes**

Alt: Grilled Ham & Cheese

Wednesday

Grab 'n Go Breakfast 3

**Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes**

Alt: Chicken Wrap

Grab 'n Go Breakfast 10

**Spaghetti w/Meat Sauce
Romaine Salad
Bread Stix**

Alt: Cheeseburger

Grab 'n Go Breakfast 17

**Bulldog Bowl
Popcorn Chicken,
Corn, Mashed Potatoes**

Alt: Pizza

Grab 'n Go Breakfast 24

**Chicken Patty on WG Roll
w/Lettuce & Tomato
Pasta Salad, Mixed Vegetables**

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 31

**Pizza Bagel
Beets, Sliced Peppers
& Carrots w/Dip**

Alt: Grilled Ham & Cheese

Thursday

Grab 'n Go Breakfast 4

**Bulldog Bowl
Popcorn Chicken,
Corn, Mashed Potatoes**

Alt: Chicken Wrap

Grab 'n Go Breakfast 11

**Hot Turkey Sandwich
Mashed Potatoes
Steamed Carrots**

Alt: Cheeseburger

Grab 'n Go Breakfast 18

**California Cheeseburger
on a WG Roll
Baked Beans, Onion Rings
Baby Carrots**

Alt: Pizza

Grab 'n Go Breakfast 25

**Ham & Cheese Melt
on a Pretzel Roll
Vegetable Soup, Applesauce**

Alt: Hot Dog on WG Roll

Friday

Grab 'n Go Breakfast 5

**Corn Dog
Tator Tots, Sautéed
Green Beans & Onions**

Alt: Chicken Wrap

Grab 'n Go Breakfast 12

**Pork Riblet on a WG Roll
Baked Beans
Homemade Cole Slaw**

Alt: Cheeseburger

Grab 'n Go Breakfast 19

**Grilled Cheese
Tomato Soup
Snack Bag**

Alt: Pizza

Grab 'n Go Breakfast 26

**Nachos Grande
w/Lettuce, Tomatoes,
Cheese, Santé Fe Rice**

Alt: Hot Dog on WG Roll

Included with all meals is a choice of:
Fruit, Juice or Milk

Breakfast: \$1.95
Lunch: \$2.80

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE