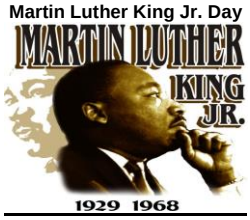
January 2020 Lunch Menu -- Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pizza Daily Choices: Daily - Cheese Pizza - Monday - Pepperoni Tuesday-Sausage Wednesday –Pepperoni or Stromboli Thursday-Supreme or Pepperoni Friday- Buffalo Chicken or Supreme	**Lunch Prices:** **Reduced $ .40** **Full Paid $3.10** **Adult Meals $3.75**	1 **Happy New Year! 2020**	2 **Milk Offered Daily** **1% White** **Fat Free White** **Fat Free Chocolate** **Daily: Sunbutter and Jelly Sandwich w/ String Cheese**	3 **Students Must Select 3 out of the 5 Meal Components. One of The 3 Components Selected, MUST Be Fruit and or a Vegetable**
6 **Meat & Grain** **Chicken Nuggets** **W/ Roll** **Cheeseburger** **Chicken Sandwich** **American Sub** **Chef Salad** **Chilled Peaches** **Steamed Carrots**	7 **Meat & Grain** **Pasta w/ Meatsauce** **w/ Roll** **Chicken Patty** **Cheeseburger** **Buffalo Chicken Salad w/ Roll** **Fresh Apple** **Broccoli**	8 **Meat & Grain** **Cheese Enchiladas** **Corn Dog** **Spicy Chicken Sandwich** **Turkey & Cheese Sub** **Chicken Caesar Salad** **Fresh Banana** **Black Beans**	9 **Meat & Grain** **Chicken & Waffles** **Cheeseburger** **Chicken Sand** **Crispy Salad w/ Roll** **Italian Sub** **Fresh Oranges** **Seasoned Green Beans**	10 **Meat & Grain** **Taco Bar Day** **Cheeseburger** **Chicken Patty Sandwich** **Turkey Sub** **Chef Salad** **Chilled Applesauce** **Steamed Corn**
13 **Meat & Grain** **Chili Frito Pie** **Cheeseburger** **Chicken Sand** **Turkey and Sub** **Chef Salad** **Bean & Cheese Burrito** **Chilled Applesauce** **Green Beans**	14 **Meat & Grain** **Spaghetti w/ Meat Sauce w/Roll** **Cheeseburger** **Chicken Sandwich** **Turkey Ham & Cheese Sub** **Crispy Chicken Salad** **Fresh Apple** **Glazed Carrots**	15 **Meat & Grain** **Chicken Fajitas w/ Spanish Rice** **Corn Dog** **Chicken Patty Sandwich** **American Sub Sandwich** **Chef Salad** **Fresh Banana** **Refried Beans**	16 **Meat & Grain** BBQ Turkey Sandwich **Bean & Cheese Burrito** **Cheeseburger** **Chicken Sandwich** **Italian Sub** **Buffalo Chicken Salad** **Fresh Oranges** **Steamed Broccoli**	17 **Meat & Grain** **Orange Chicken w/ Brown Rice** **BBQ Riblet** **Chicken Sandwich** **Sub Sandwich** **Chef Salad** **Chilled Peaches** **Corn**
All salads come with a Whole Grain Roll		**Offered Daily** **1% or Fat Free Milk**		
20 **No School** **Martin Luther King Jr. Day** 	21 **Meat & Grain** **Spaghetti w/ Meat Balls** **Corn Dog** **Chicken Sandwich** **Turkey Ham & Cheese Sub** **Crispy Chicken Salad** **Fresh Apple** **Green Beans**	22 **Meat & Grain** **Cheese Enchiladas** **Bean & Cheese Burrito** **Chicken Sandwich** **Turkey & Cheese Sub** **Chicken Caesar Salad** **Fresh Banana** **Ranchero Beans**	23 **Meat & Grain** **Chicken & Waffles** **Cheeseburger** **Chicken Sandwich** **Crispy Salad w/ Roll** **Italian Sub** **Fresh Oranges** **Carrot Coins**	24 **Meat & Grain** **Sesame Giger Chicken w/ Brown Rice** **AZ Hot Dog** **Chicken Patty Sandwich** **Turkey Sub** **Chef Salad** **Chilled Pears** **Steamed Broccoli**
27 **Meat & Grain** **Chicken Nuggets** **W/ Roll** **BBQ Turkey on Bun** **Chicken Sandwich** **Turkey & Cheese Sub** **Buffalo Chicken Salad** **Chilled Peaches** **Green Beans**	28 **Meat & Grain** **Country Fried Steak / Mashed Potatoes** **BBQ Rib** **Chicken Sandwich** **Turkey Ham Cheese Sub** **Crispy Chicken Salad** **Fresh Apple** **Seasoned Corn**	29 **Meat & Grain** **Pasta w/ Meatsauce** **Cheeseburger** **BBQ Turkey on Bun** **Bean & Cheese Burrito** **American Sub** **Chef Salad** **Fresh Banana** **Pinto Beans**	30 **Meat & Grain** **Meatball Sub** **Cheeseburger** **Chicken Sandwich** **Turkey Club Sub** **Buffalo Chicken Salad** **Apple Juice** **Carrot Coins**	31 **Meat & Grain** **Chicken Broccoli Stir Fry** **BBQ Turkey Sandwich** **Chicken Sandwich** **Italian Sub** **Chef Salad** **Chilled Applesauce** **Steamed Broccoli**

"In accordance with federal law and U.S. Department of Agriculture policy"