

# January

## Middles School Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		Multi Grain Cereal/ Apple Sauce	• Mini Dipperdoodle String Cheese/ Fruit	• Apple Muffin
1	2	3	4	5
• Cinnamon Chex/Zac Attack	• French Toast Muffin	• HOT Chicken Sausage and Omelet Gordita	• Plain Whole Wheat Bagel/Cream cheese	• Lemon Muffin
8	9	10	11	12
<b>No School</b>	• Yogurt/Educational Snacks	• String Cheese/ Skeeter Grahams	• Apple Muffin	• Zac Omega Bar Strawberry
15	16	17	18	19
• Dipper Doodle Bar	• HOT French Toast, Maple Turkey Sausage, and Egg Combo	• HOT Southwest Chicken Chorizo and Cheese Bagel Sandwich	• Blueberry Muffin	• Zac Omega Bar Blackberry (
22	23	24	25	26
• Zee Zees Berry Apple Crisp Bar	• Lemon Muffin	• Breakfast Cinnamon Crumble		
29	30	31		

## Happy New Year!

Resolve to eat breakfast this year! Studies show that students who eat breakfast at school perform better on tests and have improved concentration, alertness, comprehension, memory, and learning!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*



# January

## Middle School Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<ul style="list-style-type: none"> <li>• BBQ Chicken with Cheesy Rice</li> <li>• Green Peas</li> </ul> <p>8</p>	<ul style="list-style-type: none"> <li>• Sunny Sandwich Kit (Sunbutter and Jelly) (VG)</li> </ul> <p>9</p>	<ul style="list-style-type: none"> <li>• Bag Lunch Inside Classroom</li> </ul> <p>10</p>	<ul style="list-style-type: none"> <li>• Cheese Pizza Panada</li> <li>• Chilled, Seasoned Green Beans</li> </ul> <p>11</p>	<ul style="list-style-type: none"> <li>• Southern BBQ Chicken Sandwich</li> <li>• Braised Greens</li> </ul> <p>12</p>
<p><b>No School</b></p> <p>15</p>	<ul style="list-style-type: none"> <li>• Baked Mac &amp; Cheese and BBQ Chicken Lunch Combo</li> <li>• Grape Tomatoes with Pinto Beans</li> </ul> <p>16</p>	<ul style="list-style-type: none"> <li>• Bag Lunch Inside Classroom</li> </ul> <p>17</p>	<ul style="list-style-type: none"> <li>• Sesame Chicken Salad</li> <li>• Chopped Lettuce and Sliced Tomatoes with RANCH</li> </ul> <p>18</p>	<ul style="list-style-type: none"> <li>• Cheese Pizza with a Whole</li> <li>• Steamed Corn</li> </ul> <p>19</p>
<ul style="list-style-type: none"> <li>• Creamy Tomato Curry with Grilled Chicken</li> <li>• Green Peas</li> </ul> <p>22</p>	<ul style="list-style-type: none"> <li>• Cheesy Chicken Quesadilla</li> <li>• Hearty Veggie Chili &amp; Mini Baby Carrots and Pinto Beans</li> </ul> <p>23</p>	<ul style="list-style-type: none"> <li>• Bag Lunch Inside Classroom</li> </ul> <p>24</p>	<ul style="list-style-type: none"> <li>• Southwest Veggie Wrap</li> <li>• Blanched Broccoli Florets with RANCH</li> </ul> <p>25</p>	<ul style="list-style-type: none"> <li>• Pizza Burge Melt</li> <li>• Sweet Potatoes</li> </ul> <p>26</p>
<ul style="list-style-type: none"> <li>• Five Cheese Lasagna</li> <li>• Chilled, Seasoned Green Beans</li> </ul> <p>29</p>	<ul style="list-style-type: none"> <li>• Pepper Jack Cheeseburger</li> <li>• Blanched Broccoli Florets</li> </ul> <p>30</p>	<ul style="list-style-type: none"> <li>• Bag Lunch Inside Classroom</li> </ul> <p>31</p>		

## Happy New Year! What's New?

Cheesy-bite size goodness! Try our new Cheesy Bite Pizza!

Our hearty chili is now served with a delicious side of corn bread!

Look for them on the menu on January 10<sup>th</sup> and 23<sup>rd</sup>!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

• Vegetable of the day

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