



# Middle School Lunch Menu

## January 2022

**3**

**Breaded Chicken Boneless Wings**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**4**

**Shredded Pork Nachos**  
White Pizza \*V  
Flatbread Pizza Kit

-----Side Items-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**5**

**Pancakes & Turkey Sausage Links**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**6**

**Macaroni & Cheese \*V**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V

-----Side Items-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**7**

**Philly Cheesesteak**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**10**

**Double Stacked 100% Beef Cheeseburger**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**11**

**Ground Beef Walking Taco \*SC**  
White Pizza \*V  
Flatbread Pizza Kit

-----Side Items-----  
Sweet Corn, Baby Carrots  
Seasonal Fresh Fruit

**12**

**French Toast Sticks & Turkey Sausage Links**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**13**

**Pasta Bar with Marinara/Alfredo & Meatballs/Grilled Chicken**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V

-----Side Items-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**14**

Clerical Day

NO SCHOOL

**17**

Martin Luther King Jr. Day

NO SCHOOL

**18**

**Chicken Soft Tacos**  
White Pizza \*V  
Flatbread Pizza Kit

-----Side Items-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**19**

**Cheesy Calzone \*SC**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**20**

**Grilled Chicken Parmesan over Spaghetti \*SC**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V

-----Side Items-----  
Green Peas, Grape Tomatoes  
Seasonal Fresh Fruit

**21**

**General Tso's Chicken & Brown Rice**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Steamed Broccoli, Baby Carrots  
Seasonal Fresh Fruit

**24**

**American Grilled Cheese \*V**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

**25**

**Ground Beef Walking Taco \*SC**  
White Pizza \*V  
Flatbread Pizza Kit

-----Side Items-----  
Black Beans, Baby Carrots  
Seasonal Fresh Fruit

**26**

**Fluffy Waffles & Cheddar Scrambled Eggs \*SC**  
Buffalo Chicken Pizza  
Oven Roasted Turkey Chef Salad & Dinner Roll

-----Side Items-----  
Tater Tots, Cucumber Slices  
Seasonal Fresh Fruit

**27**

**Grilled Chicken & Gravy over Biscuit**  
Meat Lover's Pizza  
Hummus & Veggie Plate with Tortilla Chips \*V

-----Side Items-----  
Garden Salad, Grape Tomatoes  
Seasonal Fresh Fruit

**28**

**Cheese Filled Breadsticks & Marinara \*V**  
Vegetable Pizza \*V  
Chicken, Feta & Berry Salad & Breadstick

-----Side Items-----  
Smiley Fries, Baby Carrots  
Seasonal Fresh Fruit

**31**

**Grilled Honey Mustard Chicken Melt**  
Sausage Pizza  
Grilled Chicken Caesar Salad & Breadstick

-----Side Items-----  
Crinkle Cut Fries, Bell Peppers  
Seasonal Fresh Fruit

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All chicken products offered are Tyson chicken raised with no antibiotics ever. No added hormones or steroids. No artificial ingredients. Whole grain breading.

**Per the USDA, a free meal must include at least 3 components. Out of those 3 you must choose 1/2 cup of fruit and/or veggie.**

**Components include Grains, Meat/Meat Alternative, Dairy, Fruit and Veggie.**

**Offered Daily**

**Grill Line:** Crispy Chicken Breast, Spicy Breaded Chicken Breast, 100% Beef Burger, Black Bean Burger \*V, Chicken Nuggets  
**Pizza Line:** Cheese Pizza \*V, Pepperoni Pizza  
**Deli Line:** Made-to-Order Subs, Wraps, Salads  
**All Lines:** Seasonal Fresh Fruit & Vegetables

**A Lunch Meal is complimentary in the school day.**  
Second Lunch Meal: \$2.45

**Offered Daily with Lunch Meal:**  
100% Juice, Skim White, Skim Chocolate and 1% White

All deli meats offered are Smithfield Healthy Ones. No MSG or added hormones. No artificial flavors.