



January 2019

Middle School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Winter Break No School 	1 Winter Break No School 	2 Tomato Soup and Grilled Cheese Bacon Cheese Burger Bologna & Cheese Sandwich Chicken Nacho Salad Vegetable Pizza Side Items: Sweet Potato Bites, Fresh Zucchini Slices, Diced Peaches, Banana, Apple Juice	3 Egg Roll w/ Fried Rice Pizza Meatball Sub Chicken Ranch Wrap Fruit & Cheese Plate Sweet and Spicy Pizza Side Items: Baked Beans, Celery Sticks, Diced Pear, Orange	4 Soft Pretzel with Cheese Mini Corn Dogs Turkey & Cheese Wrap Chef Salad Meatball Pizza Side Items: Steamed Broccoli, Red Pepper Strips, Strawberries, Apple, Grape Juice
7 Buffalo Chicken Drumstick w/ Cornbread Muffin Turkey & Cheese Sandwich Caesar Salad White Pizza w/ Chicken Sausage Side Items: Mashed Potatoes, Fresh Broccoli, Fruit Mix, Fruit Punch Juice, Assorted Milk	8 FUEL: Cheesy Bread Chili w/ Toasted Garlic Ciabatta Chicken Patty Parmesan w/ Pasta, Ham & Cheese Sub, Chicken Buffalo Salad, Pico de Gallo Pizza Side Items: Steamed Green Beans, Red Pepper Sticks, Diced Peas, Apple, Assorted Milk	9 Chili Cheese Baked Potato w/ Breadstick Bologna & Cheese Sandwich, Popcorn Chicken Salad, Cheeseburger Pizza Side Items: Orange Glazed Carrots, Fresh Zucchini, Dice Peaches, Juice, Assorted Milk	10 FUEL: Cheesy Bread Chili w/ Toasted Garlic Ciabatta Sausage & Red Beans w/ Santé Fe Rice Chicken Salad Sandwich, Fruit and Cheese Plate, BBQ Chicken w/ Sriracha Glaze, Side Items: Baked Beans, Celery Stick, Orange, Apple Sauce, Assorted Milk	11 Oriental Egg Rice w/ Fried Rice Turkey & Cheese Wrap, Chef Salad, Beef Mexican Pizza Side Items: Steamed Broccoli, Baby Carrots, Diced Peaches, Juice, Assorted Milk
14 Fish Bites w/ Sriracha Chili Sauce & Breadstick Turkey & Cheese Sandwich Caesar Salad, Chili Lime & Beef Pizza, Side Items: French Fries, Tomato Wedges, Fruit Mix, Juice, Assorted Milk	15 Fuel: Walking Taco Chili Spicy Popcorn Chicken Bowl w/ Mashed Potatoes & Breadstick, Ham & Cheese Sub, Beef Taco Salad, Sausage Jalapeno Pizza Side Items: Roasted Cauliflower, Cucumber Slices, Oranges, Diced Peas, Assorted Milk	16 Jumbo Cheese Ravioli w/ Marinara Sauce Bologna & Cheese Sandwich, Baja Salad, Meat Lovers Pizza Side Items: Sweet Potato Tater Bites, Celery Sticks, Applesauce, Juice, Assorted Milk	17 Fuel: Walking Taco Chili Thai Lemongrass Chicken w/ Cilantro Rice Tuna & Cheese Wrap, Fruit & Cheese Plate, Hawaiian Pizza Side Items: Baked Beans, Baby Carrots, Apple, Diced Peaches, Assorted Milk	18 Cajun Chili Fries w/ Tortilla Chips Turkey & Cheese Wrap, Chef Salad, Buffalo Blue Chicken Pizza Side Items: Steamed Broccoli, Red Peppers, Diced Peas, Juice, Assorted Milk
21 No School Enjoy Your Break!	22 No School Enjoy Your Break!	23 Orange Popcorn Chicken w/ Broccoli & Lo Mein Pasta Bologna & Cheese Sandwich, Chicken Nacho Salad, Vegetable Pizza Side Items: Sweet Potato Tater Tots, Fresh Zucchini Diced Peaches, Juice, Assorted Milk	24 Chipotle Vegetable Bean Chili w/ Tortilla Chips Chicken Ranch Wrap, Fruit & Cheese Plate, Sweet and Spicy Chicken & Ham Pizza Side Items: Baked Beans, Celery Sticks, Orange, Applesauce, Assorted	25 Nacho Cheese Walking Taco Turkey & Cheese Wrap, Chef Salad, Spicy Chicken Sausage Pizza Side Items: Steamed Broccoli, Carrots & Celery, Diced Peaches, Juice, Assorted Milk
28 Chicken Drumstick w/ Breadstick Turkey & Cheese Sandwich Caesar Salad, Vegetarian Greek Pizza Side Items: Steamed Zucchini, Tomato Wedges, Fruit Mix, Juice, Assorted Milk	29 Vegetable Bean Chili Mac w/ Breadstick, Ham & Cheese Sub, Egg Salad Platter, Cheeseburger Pizza Side Items: Roasted Carrots, Jicama Sticks, Apple, Diced Peas, Assorted Milk	30 Country Chicken Nugget Bowl w Breadstick Bologna & Cheese Sandwich, Ham and Pepperoni Pizza Salad, Mac & Cheese Pizza Side Items: Corn, Celery Stick, Diced Peaches, Juice, Assorted Milk	31 Oriental Beef Dippers w/ Yellow Rice Chicken Buffalo Wrap, Fruit & Cheese Plate, Vegetable Pizza Side Items: Baked Beans, Baby Carrots, Orange, Applesauce, Assorted Milk	1 Chicken Tagine w/ Cheddar and Chili Flatbread Turkey & Cheese Wrap, Chef Salad, White Pizza with Chicken Sausage Side Items: Steamed Broccoli, Cucumber Slices, Diced Peaches, Juice Assorted Milk

Special News...
Nutrition in the New Year!

Choosing foods that fuel your body correctly can make a big difference.
Fuel Up On:
 1) Whole Grains
 2) Fruits & Vegetables
 3) Lean Proteins

Try to Limit:
 1) Added Sugars
 2) Excess Fats

For Optimal Health—
 1) Keep Your Body Moving
 2) Limit Screen Time
 3) Enjoy Time w/ Friends and Family!

Menus are subject to change without notice.

Come Join our TEAM
 We are hiring join the ARAMARK team. NO WEEKENDS, NIGHTS or EVENINGS. Be part of the fun!
 Contact us at 262-970-4330.

