



Middle School Lunch Menu

January 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8</p> <p>Chili Mac w/ Dinner Roll BBQ Chicken Melt Bruschetta Pizza (V) Seasoned Mixed Vegetables</p>	<p>9</p> <p>Country Chicken Bowl w/ Dinner Roll Meat Lovers Pizza Roasted Veggie & Cheese Sub (V) Seasoned Broccoli</p>	<p>10</p> <p>Chana Masala w/ Brown Rice (V) Turkey, Ham, & Cheese Sandwich Chicken Enchilada w/ Rice & Corn Salad Ginger Carrots</p>	<p>11</p> <p>Korean Stew w/ Flatbread Breaded Chicken Caesar Salad w/ Dinner Roll Flatbread Herb Cheese Pizza (V) Seasoned Mashed Potatoes</p>	<p>12</p> <p>Chicken Nuggets w/ Dinner Roll Beef Quesadilla w/ Mexican Spiced Rice Baja Bean Salad (V) Campfire Beans</p>
<p>15</p> <p>NO SCHOOL Dr. Martin Luther King Jr. Day</p>	<p>16</p> <p>Hot Dog on Bun Bean Tacos Four Cheese Pizza w/ Breadstick (V) Seasoned Tater Tots</p>	<p>17</p> <p>Chili Cheese Fries w/ Dinner Roll Three Cheese Melt Sandwich w/ Tomato Soup (V) Turkey Deli Sandwich Campfire Beans</p>	<p>18</p> <p>Potato Crusted Fish Nuggets Mac & Cheese (V) BBQ Cheeseburger Seasoned Green Beans</p>	<p>19</p> <p>Sweet & Sour Chicken w/ Veggies and Yellow Rice Roasted Veggie & Cheese Sub (V) Cheeseburger Seasoned Green Beans</p>
<p>22</p> <p>Oven Roasted Chicken w/ Dinner Roll Cilantro Rice Beef & Bean Nachos Veggie Burger (V) Kickin' Pinto Beans</p>	<p>23</p> <p>Vegetarian Chili Topped Potato w/ Dinner Roll Ranch Chicken Salad w/ Dinner Roll Cheese Pizza (V) Seasoned Broccoli</p>	<p>24</p> <p>General Tso's Chicken w/ Brown Rice Sriracha Crunch Cheeseburger Egg Chef Salad w/ Dinner Roll (V) Ginger Glazed Carrots</p>	<p>25</p> <p>Rotini & Meat Sauce w/ Dinner Roll Beef Meatball Sub Cheddar & Broccoli Stromboli w/ Dinner Roll (V) Seasoned Green Beans</p>	<p>26</p> <p>Roasted Turkey & Gravy w/ Dinner Roll Turkey Hot Dog on Bun Veggie Burrito (V) Seasoned Green Peas</p>
<p>29</p> <p>Meatloaf w/ Sauce & Dinner Roll Buffalo Chicken Pizza Three Cheese Sub (V) Mashed Potatoes</p>	<p>30</p> <p>Cajun Chili Cheese Fries w/ Dinner Roll Ranch Chicken Salad w/ Dinner Roll Bean Quesadilla w/ Brown Rice (V) Chipotle Campfire Beans</p>	<p>31</p> <p>Salisbury Steak w/ Sauce & Dinner Roll Turkey & Swiss Melt Veggies w/ Hummus & Flatbread (V) Seasoned Broccoli</p>		

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(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk

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This institution is an equal opportunity provider.

All menus are subject to change based on product availability



APS Salad Bowl Middle School January 2018



Served Every Day: Tossed Leafy Greens, Cucumbers & Tomatoes
Onions (sliced/diced), Jalapeno Peppers, & Pickles

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Celery Sticks Fresh Apple Wedges Sliced Peaches	9 Red Pepper Strips Fresh Banana Applesauce	10 Broccoli Bites Grapes Sliced Pears	11 Seasoned Peas Fresh Orange Mixed Fruit	12 Coleslaw Apple, Banana & Orange Fruit Cup Pineapple Tidbits
15 NO SCHOOL Dr. Martin Luther King Jr. Day	16 Broccoli Bites Fresh Banana Applesauce	17 Fresh Zucchini Grapes Sliced Pears	18 Celery Sticks Fresh Orange Mixed Fruit	19 Baby Carrots Apple, Banana & Orange Fruit Cup Pineapple Tidbits
22 Fresh Zucchini Slices Fresh Apple Wedges Sliced Peaches	23 Fresh Red Peppers Fresh Banana Applesauce	24 Broccoli Bites Grapes Sliced Pears	25 Baby Carrots Fresh Orange Mixed Fruit	26 Celery Sticks Apple, Banana & Orange Fruit Cup Pineapple Tidbits
29 Three Bean Salad Fresh Apple Wedges Sliced Pears	30 Fresh Celery Sticks Fresh Banana Applesauce	31 Fresh Zucchini Slices Grapes Sliced Pears		

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Middle School Grab & Go Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Turkey Sausage Pancake Wrap Fresh Fruit 100% Fruit Juice Variety of Milk 8	Strawberry Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 9	Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 10	Fruit & Cereal Bar & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 11	Maple Waffles Fresh Fruit 100% Fruit Juice Variety of Milk 12
NO SCHOOL Dr. Martin Luther King Jr. Day 15	Assorted Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk 16	Apple Cinnamon Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 17	Berry French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 18	Mini Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 19
Cinnamon French Toast Fresh Fruit 100% Fruit Juice Variety of Milk 22	Maple Pancakes Fresh Fruit 100% Fruit Juice Variety of Milk 23	Blueberry Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 24	Assorted Cereal & Graham Crackers Fresh Fruit 100% Fruit Juice Variety of Milk 25	Cherry Frudel Fresh Fruit 100% Fruit Juice Variety of Milk 26
Banana Muffin & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 29	Blueberry Mini Waffles Fresh Fruit 100% Fruit Juice Variety of Milk 30	Apple Frudel & Flavored Yogurt Fresh Fruit 100% Fruit Juice Variety of Milk 31		

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