

# FRANKLIN COUNTY MIDDLE SCHOOLS MENU

## JANUARY 2019

Choice of Milk Served Daily - 1% White, Fat Free Chocolate or Strawberry

Bakery Products are Whole Grain

Menu Subject to Change Without Notice

**LUNCH**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>M E N U 2</b>		January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
				Soft Shell Tacos or Chicken Fajita/Tortilla Shell Fresh Carrots with Ranch Dressing Mexican Rice, Refried Beans Lettuce/ Tomato Fresh Apple, Fresh Orange Applesauce Cup Milk	Pepperoni Stuffed Crust Pizza or Cheese Stuffed Crust Pizza or Taco Burger Corn Tossed Salad Fresh Apple, Fresh Orange Fruit Sorbet Milk
<b>M E N U 3</b>	January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
	Bean & Cheese Burrito/Queso or Asian Chicken Bites Tossed Salad Steamed Broccoli Asian Rice Fresh Apple, Fresh Orange Sliced Peaches Milk	Hamburger w/cheese/WG Bun  Or Corn Dog French Fries Baked Beans Lettuce/Tomato/Pickles Fresh Apple, Fresh Orange Diced Pears Milk	Coney Dog/WG Bun or  Brookwood BBQ/WG Bun Baked Chips Fresh Veggie Cup with Ranch Cole Slaw Fresh Orange, Banana Mandarin Oranges Milk	Chicken Drumstick w/ Biscuit or  Hot Ham and Cheese Sandwich Mashed Potatoes Sweet Peas Fresh Apple, Fresh Orange Baked Apples Milk	S&F Pepperoni or Cheese Pizza or  Fish on Bun Corn Fresh Carrots w/ Ranch Dressing Fresh Apple, Fresh Orange Fruit Sorbet Sugar Cookie Milk
<b>M E N U 4</b>	January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
	Teriyaki Beef Dippers w/ Roll or Buffalo Chicken Pizza Waffle Fries Steamed Broccoli Fresh Apple, Fresh Orange Diced Peaches Milk	Chicken Patty or Spicy Chicken Patty on Bun or Cheese Quesadilla/Salsa Mashed Potatoes Green Beans Cooked Carrots Fresh Apple, Fresh Orange Pear Halves Milk	Chili Chips & Cheese or Pepperoni Pizza Calzone Seasoned Fries Fresh Carrots w/ Ranch Lettuce/Tomatoes Fresh Orange, Banana Pineapple Tidbits Milk	Hamburger w/Cheese on bun or Hot Dog on Bun Baked Chips, Baked Beans Lettuce/ Tomato Slice/ Pickles Cucumber/ Tomato Salad Fresh Apple, Fresh Orange Applesauce Milk	Pepperoni or Cheese Big Daddy Pizza or Fish on Bun Corn Tossed Salad Fresh Carrots w/ Ranch Fresh Apple, Fresh Orange Fruit Sorbet Milk
<b>M E N U 1</b>	January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
	NO SCHOOL MARTIN LUTHER KING JR. DAY	<b>BRUNCH FOR LUNCH</b> Sausage /Eggstravaganza or Chicken Tender Basket Smiley Fries, Spinach Salad w/ mandarin Oranges, Biscuit/Gravy Banana, Fresh Orange Baked Apples Milk	Hot Dog/Bun or Meatloaf Sandwich Tossed Salad Au Gratin Potato Casserole Baked Beans Fresh Orange, Fresh Apple Mandarin Oranges Milk	Salisbury Steak/Gravy or BBQ Pork Rib Mashed Potatoes, Sweet Peas Fresh Carrots/Ranch Dressing Fresh Apple, Fresh Orange Applesauce Cup Wheat Roll Milk	S&F Pepperoni or Cheese Pizza or Fish Nuggets w/Roll Cole Slaw Tossed Salad, Corn Fresh Apple, Fresh Orange Fruit Sorbet Chocolate Chip Cookie Milk
<b>M E N U 2</b>	January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	
	Spaghetti w/ Beef Sauce or Cheese Breadsticks (2)/marinara Tossed Salad Cooked Carrots Fresh Apple, Fresh Orange Diced Peaches WG Breadstick Milk	Chicken Nuggets/WG Roll or Grilled Cheese Sandwich/Chili Au Gratin Potato Casserole Green Beans Fresh Apple, Fresh Orange Pear Halves Milk	Hamburger w/Cheese/WG Bun or Hot Dog/WG Bun French Fries Macaroni and Cheese Lettuce/Tomato/Pickles Fresh Orange, Banana Pineapple Tidbits Milk	Soft Shell Tacos or Chicken Fajita/Tortilla Shell Fresh Carrots with Ranch Dressing Mexican Rice, Refried Beans Lettuce/ Tomato Fresh Apple, Fresh Orange Applesauce Cup Milk	

# FRANKLIN COUNTY MIDDLE SCHOOLS MENU

## JANUARY 2019

Milk, Cereal, Juice, & Fresh Fruit Served Daily

### BREAKFAST

Menu Subject To Change Without Notice

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>M</b>		<b>January 1, 2019</b>	<b>January 2, 2019</b>	<b>January 3, 2019</b>	<b>January 4, 2019</b>
<b>E</b>		NO SCHOOL	NO SCHOOL	Choice of Orange Pineapple or	Choice of Grape or Orange Juice
<b>N</b>		NEW YEARS DAY		Apple Juice, Fresh Orange	Fresh Apple
<b>U</b>				Donut Holes (6) or Pick Two	Mini Pancakes or Fruit Smoothie
<b>3</b>				Milk	w/ Muffin or Egg & Cheese Biscuit
<b>M</b>	<b>January 7, 2019</b>	<b>January 8, 2019</b>	<b>January 9, 2019</b>	<b>January 10, 2019</b>	<b>January 11, 2019</b>
<b>E</b>	Choice of Grape or Orange Juice	Choice of Orange Pineapple or	Choice of Apple or Grape Juice	Choice of Orange Pineapple or	Choice of Grape or Orange Juice
<b>N</b>	Mandarin Oranges	Apple Juice, Fresh Orange	Banana	Apple Juice, Applesauce Cup	Fresh Apple
<b>U</b>	Breakfast Pizza or	Waffle w/Sausage links(2) or	Sausage Patty/Biscuit or	Pancake Sausage on a Stick	Bacon, Egg & Cheese Biscuit or
<b>4</b>	Yogurt, Cereal Bar, Juice or Fruit	Fruit Smoothie w/Muffin	Yogurt Parfait w/ Granola	Or Pick Two	Yogurt Parfait w/Graham Crackers
	Milk	Milk	Milk	Milk	Milk
<b>M</b>	<b>January 14, 2019</b>	<b>January 15, 2019</b>	<b>January 16, 2019</b>	<b>January 17, 2019</b>	<b>January 18, 2019</b>
<b>E</b>	Choice of Grape or Orange Juice	Choice of Orange Pineapple or	Choice of Apple or Grape Juice	Choice of Orange Pineapple or	Choice of Grape or Orange Juice
<b>N</b>	Fresh Apple	Apple Juice, Applesauce Cup	Applesauce Cup	Apple Juice, Fresh Orange	Fresh Apple
<b>U</b>	Chicken Biscuit or	Donut w/ Icing or	Sausage Patty/Biscuit or	French Toast Sticks (4) w/sausage	Cinnamon Roll w/ Icing or
<b>1</b>	Yogurt, Cereal Bar, Juice or Fruit	Fruit Smoothie w/ Muffin Milk	Yogurt Parfait w/ Granola Milk	links (2) or Pick Two Milk	Fruit Smoothie w/ Muffin or
	Milk				Egg and Cheese Biscuit Milk
<b>M</b>	<b>January 21, 2019</b>	<b>January 22, 2019</b>	<b>January 23, 2019</b>	<b>January 24, 2019</b>	<b>January 25, 2019</b>
<b>E</b>		Choice of Orange Pineapple or	Choice of Apple or Grape Juice	Choice of Orange Pineapple or	Choice of Grape or Orange Juice
<b>N</b>		Apple Juice, Fresh Orange	Banana	Apple Juice, Fresh Orange	Fresh Apple
<b>U</b>		Apple Cinn. Crunch Toast	Sausage Patty/Biscuit or	Pancake Sausage on a Stick or	Bacon, Egg and Cheese Biscuit or
<b>1</b>	NO SCHOOL	Or Fruit Smoothie w/Muffin or	Yogurt Parfait w/ Granola	Pick Two	Yogurt Parfait w/ Graham Crackers
	MARTIN LUTHER KING JR. DAY	Chicken Biscuit Milk	Milk	Milk	Milk
<b>M</b>	<b>January 28, 2019</b>	<b>January 29, 2019</b>	<b>January 30, 2019</b>	<b>January 31, 2019</b>	
<b>E</b>	Choice of Grape or Orange Juice	Choice of Orange Pineapple or	Choice of Apple or Grape Juice	Choice of Orange Pineapple or	
<b>N</b>	Fresh Apple	Apple Juice, Applesauce Cup	Banana	Apple Juice, Fresh Orange	
<b>U</b>	Chicken Biscuit or	Breakfast Pizza or	Sausage Patty/Biscuit or	Donut Holes (6) or	
<b>2</b>	Yogurt, Cereal Bar, Juice or Fruit	Fruit Smoothie w/Muffin	Yogurt Parfait w/ Granola	Pick Two	
	Milk	Milk	Milk	Milk	

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