

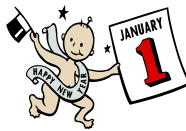
Winter

Middle School STAFF Lunch Menu

January 2018



HAPPY NEW YEAR



NO SCHOOL WINTER BREAK

Wk 1

Wk 2

Wk 3

Wk 4

8	9	10	11	12
Grilled Cheese Panini or Chicken A La King & Biscuit Green Beans Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	Happy New Year !! Chicken Enchilada Malibu Chicken Sandwich Corn / Garden Salad Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit/Milk/Corn Bread Frozen Fruit Juice Cup	Meat/Meatless Pasta Roll Up & Twisted Bread Stick Fresh Burger with Mushroom & Swiss Broccoli Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	Macaroni & Cheese with Dinner Roll or Italian Beef Sandwich with Mozzarella Mashed Potatoes & Gravy Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	Fresh Pizza Peppered Lemon Tilapia & Rice /Corn Bread Baked Beans /Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
15 No School	16 Nachos or Taco Salad or Baked Potato Bar Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	17 Flat Bread Pizza & Sauce or Lasagna & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Diced Peaches/Assorted Fresh Fruit Milk	18 Bosco Sticks and Sauce or General Tso Chicken with Rice & Egg Roll Green Beans Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	19 Fresh Pizza or Babe Ruth Sandwich Peas & Carrots / Spicy Curly Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
22 Macaroni & Cheese with Dinner Roll or Turkey & Cheese Panini Hash brown / Broccoli Garden Salad/Assorted Vegetables Applesauce Assorted Fresh Fruit Milk	23 Chicken Fajita Grilled Peppers & Beef Melt on Ciabatta Bread Corn / Spanish Rice Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk	24 Chicken Parmesan & Pasta / Twisted Breadstick Hot Chicken Buffalo Wrap Green Beans Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	25 Fresh Mini Meat Loaf or Turkey & Gravy/Dinner Roll Mashed Potatoes & Gravy Pineapple Tidbit Assorted Fresh Fruit Garden Salad/Assorted Vegetables Milk	26 Fresh Pizza or Fresh Cheeseburger Baked Beans / Fries Garden Salad/Assorted Vegetables Pineapple & Mandarin Orange Mix up Assorted Fresh Fruit Milk
29 Italian Style Mozzarella Chicken Pesto Panini Chicken Teriyaki & Rice with Egg Roll Broccoli Garden Salad/Assorted Vegetables Slushie Assorted Fresh Fruit Milk	30 Nachos or Taco Salad or Chicken & Cheese Quesadilla Refried Beans / Corn Garden Salad/Assorted Vegetables Pineapple Tidbits Assorted Fresh Fruit Milk / Corn Bread	31 Flat Bread Pizza & Sauce or Chicken Alfredo & Twisted Breadstick Corn Garden Salad/Assorted Vegetables Diced Peaches Assorted Fresh Fruit Milk	<p>Look For The Feather For items that are 30% less of calories from fat For more detailed nutritional information, please check our website</p>	

Adult Meal=\$3.20
Milk = \$.50

DELI BAR

Build a Salad or Sandwich

with Ham, Turkey, Egg, Chicken or Cheese on White Bread, Sub Bun, Ciabatta, Croissant, Wrap, Panini, Pretzel Roll, Top with Assorted Veggies

Fresh Grilled Chicken Sandwich Served Daily

Weekly Salad Specials

MON: Antipasto Salad

TUES: Greek Salad

WED: Cobb Salad

THURS: Antipasto Salad

Weekly Specials

TUES: Chicken BLT Wrap

THURS: Turkey Avocado Wrap

Homemade SOUPS offered DAILY

Soup is A La Carte only

January 8-12, 22-26

January 16-19, 29-31

Mon: Chicken Noodle

Mon: Chicken Noodle

Tues: Cream of Broccoli

Tues: Chili

Wed: Cream of Chicken

Wed: Cream of Chicken

Thurs: Lemon Rice

Thurs: Cream of Potato

Fri: Chef's choice

Fri: Chef's choice

A complete lunch consists of :

One entrée choice and

2 side dishes (fruit or vegetables)

1 side dish must be a fruit

or vegetable and milk

Menu is based on product availability and is subject to change

Group Luncheons

Group Luncheons featuring Pizza and various items are available for parties of 8 or more. Please contact your kitchen Manager by email. All Pizzas are \$10

If you have any suggestions for our staff menus or setting up an account, please contact your kitchen Managers at any time.

Lake Central

School Corporation

Gladys Rediger - FS Director

Linda Johnson- FS Administrative Assistant

Food Service Central Office

865-4416

This institution is an equal opportunity provider.