



# MIDDLE SCHOOL menu JANUARY

**\$** Breakfast \$1.75  
Lunch \$3.00

**MY SCHOOL BUCKS** Manage your meals online at: [myschoolsbucks.com](http://myschoolsbucks.com)



# BREAKFAST

ALL MEALS INCLUDE AN ENTREE, FRUIT, 100% FRUIT JUICE AND/OR MILK.

## MONDAY

- French Toast Sticks
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- NEW!** Oatmeal with Toppings
- Fruit Smoothie and Granola

## TUESDAY

- Chicken Biscuit
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Fresh Baked Scone & Yogurt
- Fruit Smoothie and Granola

## WEDNESDAY

- Mini Maple Pancakes and Sausage
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- NEW!** Oatmeal with Toppings
- Fruit Smoothie and Granola

## THURSDAY

- Chicken Biscuit
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- Fresh Baked Scone & Yogurt
- Fruit Smoothie and Granola

## FRIDAY

- Breakfast Quesadilla
- Assorted Cereals and Cheese Stick
- BeneFIT Bar
- NEW!** Oatmeal with Toppings
- Fruit Smoothie and Granola

# LUNCH EVERYDAY FAVORITES

ALL MEALS INCLUDE AN ENTREE, FRUIT, JUICE, VEGETABLES AND/OR MILK.



### CHICKEN SANDWICH MEAL

Choose from:  
Grilled Chicken Sandwich or  
Crispy Chicken Sandwich



### GIANNI'S™ OVEN FRESH PIZZA MEAL

Choose from:  
Cheese, Pepperoni  
or Buffalo Chicken



### SUB SANDWICH MEAL

Choose from:  
Hot Italian Sub



### SPECIALTY SALAD MEAL

Freshly prepared salads topped  
with a variety of proteins  
(Vegan options available)



### YOGURT PARFAIT MEAL

Yoplait® yogurt and  
fruit topped with  
homemade granola

# DAILY SPECIALS

ALL MEALS INCLUDE AN ENTREE, FRUIT, JUICE, VEGETABLES AND/OR MILK.

TUESDAY 1/1

WEDNESDAY 1/2

THURSDAY 1/3

FRIDAY 1/4

# HAPPY NEW YEAR

MONDAY 1/7



100% All Beef Burger  
or  
Black Bean Burger  
French Fries

TUESDAY 1/8



Chicken or Beef Burrito  
Black Beans

WEDNESDAY 1/9



Boneless Wings  
Mashed Potatoes  
Gravy  
Dinner Roll

THURSDAY 1/10



Baked Ziti  
Broccoli  
Garlic Breadstick

FRIDAY 1/11



Teriyaki Chicken or  
Sriracha Chicken  
California Veggies  
Rice or Noodles

MONDAY 1/14



100% All Beef Burger  
or  
Black Bean Burger  
French Fries

TUESDAY 1/15



Chicken Quesadilla  
Tortilla Chips  
Black Beans

WEDNESDAY 1/16



Boneless Wings  
Mashed Potatoes  
Gravy  
Dinner Roll

THURSDAY 1/17



Chicken Alfredo  
Broccoli  
Garlic Breadstick

FRIDAY 1/18



Szechuan Chicken or  
Orange Chicken  
California Veggies  
Rice or Noodles

MONDAY 1/21



TUESDAY 1/22



100% All Beef Burger  
or  
Black Bean Burger  
French Fries

WEDNESDAY 1/23



Boneless Wings  
Mashed Potatoes  
Gravy  
Dinner Roll

THURSDAY 1/24



Spaghetti and  
Meatballs  
Broccoli  
Garlic Breadstick

FRIDAY 1/25



Chicken Tenders  
Waffles  
Sweet Potato Fries

MONDAY 1/28



100% All Beef Burger  
or  
Black Bean Burger  
French Fries

TUESDAY 1/29



Nachos  
with toppings  
Black Beans

WEDNESDAY 1/30



Boneless Wings  
Mashed Potatoes  
Gravy  
Dinner Roll

THURSDAY 1/31



Chicken Parmesan  
Spaghetti  
Broccoli

**ALA CARTE**  
AVAILABLE EVERYDAY

**FRESH FROM THE OVEN**

Gianni's® Pizza Slice 2.25

**CLASSIC FAVORITES**

Chicken Sandwich 2.25

Sub/Flatbread 2.25

Popcorn Chicken 2.00

**LIGHTER CREATIONS**

Assorted Specialty Salads 2.75

**SIDES & SNACKS**

Fresh Fruit .75

Fresh Veggies with Dip .75

Cheese Stick .45

Side Salad 1.50

Baked Chips .75

Fresh Baked Cookie .75

BeneFIT Bar 1.25

Hershey® Ice Cream 1.15

Welch's® Fruit Snacks 1.00

Rice Krispies Treats 1.00

**DRINKS**

Nestle® Water 16oz 1.00

T.G. Lee® Milk .75

Envy® 1.50

Apple & Eve® Juice Box .65

Fruit Smoothie 1.75

Menu is subject to change.

= Contains Pork