

January 2023

MIDDLE SCHOOL LUNCH MENU

January 2 - January 6



Powering potential.™

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
WINTER RECESS SCHOOL CLOSED		Pasta or GF Pasta Marinara & Meatballs Garlic Bread Sticks	Pancakes Turkey Sausage	Teriyaki Chicken & Vegetable Stir Fry Brown Rice	Meatball Calzone with Marinara Sauce
		Buffalo Chicken Patty Sandwich	Cheese Quesadilla GF Cheese Quesadilla	California Chicken Patty Sandwich	Bacon Cheeseburger GF Bacon Cheeseburger
		Italian Sub	Buffalo Chicken Wrap	Roasted veggie Wrap	Egg Salad Sandwich
		Cheese Pepperoni	Cheese White	Cheese Chicken Bacon GF Cheese Pizza	Cheese Meatlovers
		Steamed Broccoli	Fruit Salad Baked Tator Tots	Steamed Snow Peas	Roasted Chickpeas Roasted Tomatoes

Menus are subject to change.

GF – daily Gluten Friendly option available



Offered Daily

- *Yogurt Parfait
- *Grab-n-Go Salad
- *Deli Sandwiches
- *Hamburger
- *Cheeseburger
- *Veggie Burger
- *Chicken Patty Sandwich

Did you know??

All breads are whole grain
Bread is delivered fresh daily
Chicken is whole muscle
Milk is hormone & antibiotic-free

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk, Fat-
Free Chocolate & Fat
Free Milk

Student Lunch:
Free



STUDENT
NUTRITION

This institution is an equal
opportunity providers

January 2023

MIDDLE SCHOOL LUNCH MENU

January 9 - January 13



Powering
potential.™

CENTER
PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
	Cheesy Baked Penne Garlic Bread	Mexican Beef Lasagna	Oven Baked Chicken Tenders GF Chicken Tenders	EARLY DISMISSAL NO LUNCH SERVED	Grilled Cheese & Tomato Soup
	Spicy Chicken Patty	Italian Dunkers with Marinara Sauce	Cornbread Meatball Grinder		Farmhouse Chicken Sandwich GF Farmhouse Chicken Sandwich
	Roast Beef & Cheddar Sub	Chicken Caesar Wrap	Hummus & Veggie Wrap		Egg Salad Sandwich
	Cheese Meatball GF Cheese Pizza	GF Chicken Caesar Wrap Cheese Pepperoni	Cheese Taco Pizza		Cheese Buffalo Chicken
	Sauteed Spinach	Mexicali Corn Jalapeno Pepper Rings	Baked French Fries Baked Beans		Roasted Carrots

Menus are subject to change.

GF – daily Gluten Friendly option available

Student Lunch:

Free

Offered Daily

- *Yogurt Parfait
- *Grab-n-Go Salad
- *Deli Sandwiches
- *Hamburger
- *Cheeseburger
- *Veggie Burger
- *Chicken Patty Sandwich

Did you know??

All breads are whole grain
Bread is delivered fresh
daily
Chicken is whole muscle
Milk is hormone &
antibiotic-free

All Lunches Must
Include Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk, Fat-
Free Chocolate & Fat
Free Milk



STUDENT
NUTRITION

This institution is an equal
opportunity providers





January 2022

MIDDLE SCHOOL LUNCH MENU

January 16 - January 20

Powering potential.™

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
MARTIN LUTHER KING, JR. DAY		Korean Beef Taco	Pineapple Chicken Rice Bowl	Chicken & Waffles GF Chicken Tenders	Mac & Cheese
SCHOOL CLOSED		Four Cheese Sub	Grilled Cheese with Turkey Bacon GF Grilled Cheese	Egg & Cheese on a Bagel	Chicken Quesadilla GF Chicken Quesadilla
		Turkey BaBoom Sandwich	Cranberry Chicken Salad	Italian Sub	Veggie & Hummus Wrap
		Cheese Pepperoni GF Cheese Pizza	Cheese White	Cheese Hawaiian	Cheese Chicken Parm
		Cucumber Salsa	Green Peas	Cole Slaw	Roasted Broccoli
		Roasted Chick Peas			

Menus are subject to change.

GF – daily Gluten Friendly option available

Offered Daily

- *Yogurt Parfait
- *Grab-n-Go Salad
- *Deli Sandwiches
- *Hamburger
- *Cheeseburger
- *Veggie Burger
- *Chicken Patty Sandwich

Did you know??

All breads are whole grain
Bread is delivered fresh daily
Chicken is whole muscle
Milk is hormone & antibiotic-free

All Lunches Must Include
Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat Milk, Fat-Free
Chocolate & Fat Free Milk

Student Lunch:

Free



STUDENT NUTRITION

This institution is an equal opportunity providers



January 2023

MIDDLE SCHOOL LUNCH MENU

January 23 - January 27

Powering potential.™

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

MON	TUES	WED	THURS	FRI
Pasta or GF Pasta with Marinara or Meat Sauce Garlic Bread Stick	Beef Nachos on GF Corn Chips with all the fixings	French Toast Sticks or GF Bagel Turkey Sausage	Chicken Enchilladas	Loaded Tator Tots with Popcorn Chicken & Turkey Bacon
Grilled Cheese with Ham	Spicy Chicken Patty	Chicken Ranch Sandwich	Cheese & Kickin' Bean Quesadilla	Grilled Three Cheese
Turkey Caesar Wrap	Four Cheese Sub	Roast Veggie & Provolone Wrap	Turkey Cheddar Sub GF Turkey Cheddar Sub	Ham & Honey Mustard Wrap
Cheese Meatlovers	Cheese Pepperoni	Cheese Cheeseburger	Cheese BBQ Chicken	Cheese Roasted Veggie GF Cheese Pizza
Caesar Salad Sautéed Spinach	Kickin' Pinto Beans Tomato Salsa	Baked Tator Tots	Roasted Corn	Steamed Green Beans

Menus are subject to change.

GF – daily Gluten Friendly option available



Offered Daily

- *Yogurt Parfait
- *Grab-n-Go Salad
- *Deli Sandwiches
- *Hamburger
- *Cheeseburger
- *Veggie Burger
- *Chicken Patty Sandwich

Did you know??

All breads are whole grain
Bread is delivered fresh daily
Chicken is whole muscle
Milk is hormone & antibiotic-free

All Lunches Must Include Choice of:
Fruits and/or Vegetable
And May Include:
1% Low-Fat Milk, Fat-Free Chocolate & Fat Free Milk

Student Lunch:
Free

aramark
STUDENT NUTRITION
This institution is an equal opportunity providers