



# January 2024

## MIDDLE SCHOOL LUNCH MENU

January 1 – January 5

Powering  
potential.

### LUNCH PLATE

	MON	TUES	WED	THURS	FRI
ENTREE		Chicken Nachos Kickin' Pinto Beans & WG Rice Tomato Salsa	Loaded Tator Tot & Popcorn Chicken Bowl Cauliflower & Broccoli	BBQ Chicken Corn on the Cob WG Biscuit	French Toast Sticks Turkey Sausage Tator Tots
GRILL	<b>NEW YEAR'S DAY</b>	Farmhouse Chicken Sandwich	Spicy Chicken Patty	Cheese & Bean Quesadilla	Honey Mustard Chicken Melt
PIZZA		BBQ Chicken	Roasted Veggie	Meatlovers	Buffalo Chicken
DELI	<b>SCHOOL CLOSED</b>	Tuna Salad Wrap	Ham & Cheese Sub	Veggie & Hummus Wrap	Chicken Caesar Wrap
SALAD		Strawberry Parfait Veggie Baja Salad	Strawberry Parfait Chicken Caesar Salad	Strawberry Parfait Fruit & Cheese Plate	Strawberry Parfait Greek Chicken Salad

Menus are subject to change.

This institution is an equal opportunity provider

**aramark**  
STUDENT  
NUTRITION



#### Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger

**PIZZA:** Cheese

**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich

**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

All Lunches must  
include a fruit and/or  
vegetable  
& may Include:  
1% Low-Fat Milk OR  
Skim Chocolate Milk

All Breads are whole grain &  
delivered fresh everyday  
~  
Chicken is whole muscle  
~  
Milk is hormone & antibiotic  
free



# January 2024

## MIDDLE SCHOOL LUNCH MENU

January 8 – January 12

Powering  
potential.

L|U|N|C|H|P|A|D

	MON	TUES	WED	THURS	FRI
ENTREE	Chicken Penne Alfredo Steamed Broccoli	Beef Soft Tacos BBQ Black Beans	Honey Stung Popcorn Chicken w/ WG Biscuit Baked French Fries	Thai Sate Chicken Tender Rice Bowl Snow Peas	Pancakes Turkey Sausage Sweet Potato Fries
GRILL	BBQ Chicken Sandwich	Pepperoni Pizza Burger	Meatball Grinder	California Chicken Patty Sandwich	BBQ Cheddar Chicken Tender Melt
PIZZA	Pepperoni	Buffalo Chicken	Cheeseburger	Veggie Pesto	Meatlovers
DELI	Chicken Salad Sub	Italian Wrap	Roasted Veggie Wrap	Chicken Caesar Wrap	Four Cheese Sub
SALAD	Apple Cranberry Overnight Oats Veggie Baja Salad	Apple Cranberry Overnight Oats Chicken Ranch Salad	Apple Cranberry Overnight Oats Chicken Caesar Salad	Apple Cranberry Overnight Oats Nacho Chicken Salad	Apple Cranberry Overnight Oats Egg Chef Salad

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### Available Everyday:

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**PIZZA:** Cheese  
**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich  
**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25    Adult Lunch: \$4.00

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include a fruit and/or  
vegetable  
& may Include:  
1% Low-Fat Milk OR  
Skim Chocolate Milk

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# January 2024

## MIDDLE SCHOOL LUNCH MENU

### LUNCH PLATTER

January 15 – January 19

**EARLY DISMISAL**

Powering potential.

	MON	TUES	WED	THURS	FRI
ENTREE	<b>MARTIN LUTHER KING JR. DAY</b>	Chicken Nachos Santa Fe Rice Kickin' Pinto Beans	Sweet & Sour Popcorn Chicken Rice Bowl Broccoli & Zucchini	Turkey Sausage, Egg & Cheese on Bagel Baked Tator Tots	Mini Blueberry Waffles Turkey Sausage Sweet Potato Fries
GRILL		Cheese & Bean Quesadilla	Chicken Patty Sandwich	Hamburger Cheeseburger	Atomic Burger
PIZZA		White w/ Broccoli	Pepperoni	Cheese	BBQ Chicken & Ranch
DELI	<b>SCHOOL CLOSED</b>	Buffalo Chicken Wrap	Italian Sub	Turkey & Cheddar Sunbutter & Jelly	Ham & Cheese Wrap
SALAD		Hummus, Veggie & Flatbread Plate .Cobb Salad	Hummus, Veggie & Flatbread Plate Chicken & Cheese Salad	Hummus, Veggie & Flatbread Plate Chef Salad	Hummus, Veggie & Flatbread Plate Chicken Caesar Salad

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**aramark**  
STUDENT NUTRITION



### Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger  
**PIZZA:** Cheese  
**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich  
**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25    Adult Lunch: \$4.00

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 & may Include:  
 1% Low-Fat Milk OR  
 Skim Chocolate Milk

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# January 2024

## MIDDLE SCHOOL LUNCH MENU

### LUNCH PAD

January 22 – January 26

Powering  
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Cheesy Baked Penne Garlic Breadstick Roasted Zucchini	Beef Tacos Mexican Brown Rice BBQ Black Beans	Broccoli & Cheddar Baked Potato WG Biscuit Steamed Carrots	Chicken Dumplings Brown Rice Broccoli in Orange Sauce	Mini Maple Waffles Turkey Sausage Baked Tator Tots
GRILL	Farmhouse Chicken Sandwich	Cheese & Bean Quesadilla	Cheese Stuffed Breadsticks w/ Marinara Sauce	Pizza Burger	Meatball Grinder
PIZZA	Pepperoni	Veggie Pesto	Meatball	Taco Pizza	Meatlovers
DELI	Italian Wrap	Egg Salad Wrap	Ham & Cheese Wrap	Roasted Veggie Wrap	Turkey & Cheese Wrap
SALAD	Strawberry Parfait Cobb Salad	Strawberry Parfait Chicken Baja Salad	Strawberry Parfait Chicken Caesar	Strawberry Parfait Egg Chef Salad	Strawberry Parfait Veggie Baja Salad

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NUTRITION



### Available Everyday:

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**PIZZA:** Cheese  
**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich  
**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25    Adult Lunch: \$4.00

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vegetable  
& may Include:  
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# January 2024

## MIDDLE SCHOOL LUNCH MENU

January 29 – February 2

Powering  
potential.

LUNCH PLATE

	MON	TUES	WED	THURS	FRI
ENTREE	Spaghetti & Meatballs Garlic Breadstick Green Beans	Fajita Chicken Quesadilla BBQ Black Beans	Mac & Cheese Steamed Broccoli	Cheeseburger Rolletto Baked French Fries	Mini Confetti Pancake Turkey Sausage Sweet Potato Fries
GRILL	BBQ Cheddar Chicken Melt	Egg & Cheese on Bagel	Chicken BLT Sandwich	Chicken Tenders WG Dinner Roll	Chicken Parm Melt
PIZZA	Meatball	BBQ Siracha Chicken	Pepperoni	Veggie Pesto	White with Broccoli
DELI	Italian Wrap	Chicken Caesar Wrap	Roasted Veggie Wrap	Tuna Salad Wrap	Ham & Cheese Wrap
SALAD	Fruit Cheese & Yogurt Plate Cobb Salad	Fruit Cheese & Yogurt Plate Chicken & Cheese Salad	Fruit Cheese & Yogurt Plate Chicken Caesar Salad	Fruit Cheese & Yogurt Plate Veggie Baja	Fruit Cheese & Yogurt Plate Chicken Ranch Salad

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### Available Everyday:

**GRILL:** Hamburger, Cheeseburger, Veggie Burger  
**PIZZA:** Cheese  
**DELI:** Sunbutter & Jelly, Turkey & Cheddar Sandwich  
**SALAD:** Garden Salad with & without chicken

Student Lunch: \$3.25    Adult Lunch: \$4.00

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include a fruit and/or  
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