



Middle School Lunch Menu

January 2019

EVERYDAY FAVORITES	<u>Mondays</u> Hot 'N Spicy Chicken Sandwich PB&J w/ Chips Deli Chef Salad	<u>Tuesdays</u> Cheeseburger PB&J w/ Chips Buffalo Chicken Salad	<u>Wednesdays</u> Popcorn Chicken w/ Roll PB&J w/ Chips Chicken BLT Salad	<u>Thursdays</u> Cheeseburger PB&J w/ Chips Crispy Chicken Salad	<u>Fridays</u> Breaded Chicken Sandwich PB&J w/ Chips Turkey & Ham Club Sandwich
SONO	Available Daily SONO Bar: Choose your base – Nachos or Burrito Choose a meat – Beef or Fajita Chicken				
Extra Extra	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice	Chilled Fruit Fresh Fruit 100% Fruit Juice
CREATE	7 Cheezy Baked Ziti w/ Garlic Toast Steamed Carrots Fresh Celery Sticks <u>2.Mato</u> Italian Sausage Pizza	8 Grilled Cheese Sandwich Vegetable Soup Cucumber Salad <u>2.Mato</u> Bacon Cheeseburger Pizza	9 Breaded Cheese Sticks w/ Marinara Sauce French Fries Baby Carrots <u>2.Mato</u> Sausage & Pepperoni Pizza	10 Chicken Tenders w/ Macaroni & Cheese BBQ Baked Beans Broccoli Florets <u>2.Mato</u> Pepperoni Pizza	11 <u>Breakfast for Lunch!</u> Chicken & Waffles French Fries Tossed Salad <u>2.Mato</u> Meat Lover's Pizza
CREATE	14 BBQ Pork Sandwich Steamed Corn Baby Carrots <u>2.Mato</u> Sausage & Pepperoni Pizza	15 Spaghetti & Meatballs Seasoned Green Beans Broccoli Salad <u>2.Mato</u> BBQ Pork Pizza	16 Boneless BBQ Rib w/ Mac & Cheese BBQ Baked Beans Fresh Celery Sticks <u>2.Mato</u> Meat Lover's Pizza	17 Oven "Fried" Chicken w/ Biscuit Mashed Potatoes w/ Gravy Tossed Salad <u>2.Mato</u> Cheese Pizza	18 Corn Dog French Fries Cucumber Slices <u>2.Mato</u> Pepperoni Pizza
CREATE	21 No School	22 Chicken Tenders w/ Macaroni & Cheese Baked Beans Cucumber Salad <u>2.Mato</u> Bacon Cheeseburger Pizza	23 Baked Ziti w/ Meat Sauce & Garlic Bread Seasoned Broccoli Baby Carrots <u>2.Mato</u> Sausage & Pepperoni Pizza	24 Fish Filet Sandwich w/ or w/o Cheese Peas & Carrots Broccoli Florets <u>2.Mato</u> Pepperoni Pizza	25 <u>Breakfast for Lunch!</u> Bacon Egg & Cheese Waffle Sandwich French Fries Tossed Salad <u>2.Mato</u> Meat Lover's Pizza
CREATE	28 BBQ Rib Sandwich French Fries Baby Carrots <u>2.Mato</u> Sausage & Pepperoni Pizza	29 Bacon Jalapeno Grilled Cheese Sandwich Tomato Soup Broccoli Salad <u>2.Mato</u> BBQ Pork Pizza	30 Meatball & Mozzarella Sub Seasoned Corn Fresh Celery Sticks <u>2.Mato</u> Meat Lover's Pizza	31 Chicken Parmesan w/ Spaghetti Seasoned Green Beans Tossed Salad <u>2.Mato</u> Cheese Pizza	<i>We are featuring</i> GEORGIA grown <i>apples this month!</i>

A complete lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of fruit/vegetable side dishes, and a choice of milk. A complete lunch must include a 1/2 cup fruit or vegetable. Milk choices include 1% white and fat free flavored. Menus subject to change.

Students: \$2.75 Reduced: No charge Adults: \$4.00

