




January 2018: Middle School Breakfast

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School- Winter Vacation 	2 	No School- Staff Development 	4 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	5 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
8 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	9 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	10 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	11 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	12 WGR Breakfast Cereal Frosted Cinnamon Roll Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
15 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	16 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	17 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	18 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	19 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
22 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	23 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	24 WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	25 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	26 WGR Breakfast Cereal Mini Donuts Served with fruit, 100% juice, & Milk
29 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	30 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	31 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	February 1 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	February 2 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk



Menus are subject to change without notice.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

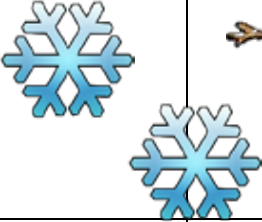


Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)



January 2018: Middle School Breakfast

Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>No School- Winter Vacation</p> 	<p>2</p> 	<p>No School- Staff Development</p> 	<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>5</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>9</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>10</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit, 100% juice, & choice of whole grain item.</p>	<p>12</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>15</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>16</p> <p>Chocolate Chip Pancakes OR Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>17</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>18</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>19</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>22</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>23</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>24</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>25</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit, 100% juice, & choice of whole grain item.</p> <p>-</p>	<p>26</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p>29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p>30</p> <p>Chocolate Chip Pancakes OR Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p>31</p> <p>Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.</p>	<p>February 1</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p>	<p>February 2</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>

Milk is available every day. Menus are subject to change without notice.
100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.



January 2018

Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School- Winter Vacation	2 	No School- Staff Development	4 Chicken Drumstick or Popcorn Chicken or Fish Shapes Mashed Potatoes Gravy Dinner Roll Steamed Vegetables Fresh Carrots/ Dip Diced Apricots	5 Cheeseburger or **Italian Sandwich or Fish Sandwich Puzzle Fries Assorted Fruits *Cherry Slushie
8 Meatballs or Fish Shapes or Chicken Nuggets Mashed Potatoes Gravy Dinner Roll Fresh Broccoli Florets Dip Mixed Fruit	9 Breakfast Pizza W/Cheese Stick Or **Turkey Bacon Ranch Sub Puzzle Fries Steamed Green Beans Fruit Cup	10 Roast Beef-n-Cheddar or Hamburger or **Mr. Ribb Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Citrus Fruit	11 Soft Shell Taco (Beef or Chicken) Or Quesadilla (Chicken or Cheese) Toppings: Cheese, Lettuce, Tomatoes, Grilled Peppers, & Onions Tortilla Chips/Salsa Green Beans Assorted Fruits	12 Chicken Drumstick or Chicken Nuggets or Fish Shapes Poultry Rice/Gravy Dinner Roll Steamed Vegetables Fresh Vegetables/Dip Dip Peach Cup
15 Super Nachos or “Make Your Own Burrito” (Beef or Chicken) Or Cheeseburger Deluxe Toppings: Lettuce, Onions, Tomatoes, Cheese, and Black Beans, Corn and Bean Salsa Brown Rice Steamed Peas Peach Cup	16 Chili Frito Pie or Hot Dog Crispy Fries Sweet Pepper Slices Dip Applesauce Cup	17 Fish Shapes or Chicken Nuggets Poultry Rice Gravy Fresh Carrots/Dip Mixed Greens Salad Salad Dressing Yellow Petite Banana	18 Chicken Snack Wrap or Cheeseburger Deluxe or Fish Taco Toppings: Lettuce, Tomatoes, Cheese & Onions Fresh Broccoli Florets Dip Peach Cup Strawberry Banana Dessert	19 Cheeseburger W/Puzzle Fries Or Mexican Fries (Toppings: Corn & Bean Fiesta Salsa and Sour Cream) W/Bread Stick Baked Vegetarian Beans Fresh Vegetables/Dip Assorted Fruits
22 Walking Taco or Grilled Chicken Sandwich Deluxe Toppings: (Lettuce, Cheese, Salsa, Tomatoes & Onions) Fresh Carrots/Dip Steamed Green Beans Fruit Cup	23 Meatball Sub or Breakfast Pizza W/ Cheese Stick or **Mr. Ribb Mixed Greens Salad Salad Dressing *Cherry Slushie or Wango Mango Vegetable Juice Peach Cup	24 Cheeseburger or Hot Dog Baked Vegetarian Beans Oven Potato Fresh Cauliflower Bites Dip Strawberry Cup	25 Hamburger or Rotini Pasta W/Chicken Alfredo or Pasta W/Meat Sauce Mixed Greens Salad Salad Dressing Breadstick Fresh Pepper Slices Dip Fresh Orange Slices	26 Chicken Nuggets or Fish Shapes Mashed Potatoes Gravy Fresh Broccoli Florets Dip Assorted Fruits
29 Chicken Drumstick or Teriyaki Chicken or Fish Shapes Poultry Rice Gravy Steamed Broccoli Fresh Vegetables Dip Strawberry Cup	30 French Toast Sticks w/Sausage Links or Cheeseburger Batter Bites Wango Mango Vegetable Juice Diced Peaches	31 Fish Sandwich or Hot Dog or Chicken Sandwich Mixed Greens Salad Salad Dressing Fresh Carrots Dip Yellow Petite Banana	February 1 Hamburger or *Mr. Ribb or Mini Corn Dogs (Turkey) Baked Vegetarian Beans Tortilla Chips Salsa Strawberry Banana Dessert	February 2 Meatballs or Popcorn Chicken Creamy Mashed Potatoes Gravy Dinner Roll Fresh Vegetables Dip Assorted Fruits

Milk is available every day. Menus are subject to change without notice.

*New Item **Contains Pork

Mexican Fries: Puzzle fries topped with taco flavored ground beef and nacho cheese sauce