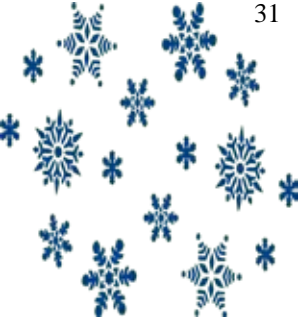



100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
 31	January 1 	January 2 No School-Staff Development	January 3 Breakfast Banana Split WGR Breakfast Cereal Strawberry Graham Snacks Choose 2 of the Above Items	January 4 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
7 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	8 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	9 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	10 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items	11 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
14 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	15 WGR Breakfast Cereal Gogurt WGR Bread Item Choose 2 of the Above Items	16 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	17 Breakfast Banana Split WGR Breakfast Cereal Strawberry Graham Snacks Choose 2 of the Above Items	18 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
21 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	22 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	23 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	24 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items	25 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
28 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	29 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	30 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	31 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items	February 1 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items

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)

*Strawberry/Vanilla/Strawberry Yogurt topped with granola (topping optional)

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>31</p>	 <p>1</p>	<p>2</p> <p>No School- Staff Development</p>	<p>3</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>4</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>7</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>9</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>10</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>14</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>15</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>16</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>17</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>	<p>18</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>
<p>21</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>22</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>23</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>24</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with fruit and 100% juice.-</p>	<p>25</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
<p>28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>29</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>30</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>31</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Blueberry Waffles w/ Sausage Links</p> <p>Served with fruit and 100% juice.</p>	<p>February 1</p> <p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>

Milk is available every day.

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

Middle School Lunch Menu

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
No School- Winter Vacation		No School- Staff Development	Chicken Drumstick or Teriyaki chicken or Tangerine Chicken Mashed Potatoes Gravy Stir Fried Broccoli Strawberry Cup	Mini Corn Dogs or Hamburger Puzzle Fries Fresh Vegetables Dip Applesauce Cup
7	8	9	10	11
Sloppy Joe or Chili Frito Pie Mixed Greens Salad Salad Dressing Fresh Baby Carrots Dip Diced Peaches	Hamburger or Breakfast Pizza W/Cheese Stick Batter Bites Wango Mango Vegetable Juice Diced Pears	Meatballs or Popcorn Chicken Dinner Roll Baby Baker Potatoes Fresh Broccoli Dip Fresh Apple Slices	Cold Cut Sub or Cheeseburger Deluxe Toppings (Lettuce and Cheese) Mixed Greens Salad Salad Dressing Vegetarian Baked Beans Strawberry Cup	Fish Taco or Chicken Snack Wrap Steamed Vegetables Fresh Vegetables Dip Mixed Fruit Celebrating All of January Birthdays!
14	15	16	17	18
Breaded Chicken Sandwich or *Mr. Ribb Steamed Broccoli Fresh Carrots Dip Corn Chips Cinnamon Apple Slices	Breakfast Sausage Pizza W/Cheese Stick or Cheeseburger Batter Bites Wango Mango Vegetable Juice Fresh Orange Slices	Chicken Nuggets or Chicken Drumstick Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip Diced Pears	BBQ Chicken Sandwich or Pizza Mixed Green Salad Salad Dressing Fresh Carrot Sticks Dip Diced Peaches	Hot Dog or Fish Sandwich Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits
21	22	23	24	25
Walking Taco or Hamburger Deluxe Toppings (Lettuce, Cheese, and Taco Sauce) Steamed Green Beans Fresh Baby Carrots Dip Applesauce	French Toast Sticks W/ Turkey Sausage Links or Hamburger Batter Bites Wango Mango Vegetable Juice Clementine	Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Cherry Tomatoes Dip Strawberry Cup	Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Steamed Broccoli Mixed Greens Salad Salad Dressing Fresh Apple Slices	Chicken or Cheese Quesadilla or Cheeseburger Deluxe Toppings: Grilled Peppers and Onions Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits
28	29	30	31	Feb 1
Mini Waffles w/ Turkey Sausage Links or Pizza Batter Bites Wango Mango Vegetable Juice Clementine	Hot Dog or Chicken Patty W/Bun Mixed Greens Salad Salad Dressing Cauliflower Bites Dip Applesauce	Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Carrot Sticks Dip Sliced Peaches	Teriyaki Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Broccoli Crisp Carrot Sticks Dip Sliced Pears	Mini Corn Dogs or Hamburger Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits

*Contains Pork

Milk is available every day.

Menus are subject to change without notice.