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2025



Lunch Price:
Free (CEP)

What Makes a Lunch?

Select 3-5 Components



One must be a



JANUARY

MIDDLE SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DAILY LUNCH ITEMS

GARDEN SALAD
 DELI SANDWICH
 GRAB & GO LUNCH
 PIZZA (FRIDAY ONLY)

MILK OFFERED DAILY

low fat white, vanilla,
 chocolate, strawberry,
 & nonfat white

1

NO SCHOOL

2

NO SCHOOL

3

NO SCHOOL

6

Chicken Nuggets

Potato Smiles
 Cauliflower w/ Cheese
 WG Dinner Roll
 Fruit Cocktail or Fresh Fruit Choice
 Milk

7

Hot Dog on WG Bun w/ Chili & Cheese

Baked Beans
 Cucumber Tomato Salad
 Frozen Fruit Swirl or Fresh Fruit Choice
 Milk

8

**Open Faced Hot Roast Beef
 on WG Bread**

French Fries
 Peas
 Mousse or Fresh Fruit Choice
 Milk

9

Cheese or Pepperoni Pizza

Tossed Salad
 Corn
 Healthy Treat Bags
 Peaches or Fresh Fruit Choice
 Milk

10

Pierogies w/ Onion Butter Sauce

Carrots
 Fresh Broccoli Florets w/ Ranch
 WG Pretzel Stick
 Pears or Fresh Fruit Choice
 Milk

13

Nacho Supreme

w/ Lettuce, Cheese & Salsa
 Mex Rice
 Refried Beans
 Apple Slices or Fresh Fruit Choice
 Milk

14

Chicken Patty on WG Bun

w/ Lettuce & Tomato
 Curly Fries
 Carrots
 Mandarin Oranges or Fresh Fruit Choice
 Milk

15

Mini Corn Dog

WG Pasta Alfredo
 Broccoli Florets
 Cucumber Slices
 WG Cookie or Fresh Fruit Choice
 Milk

16

Chicken Fajita on WG Tortilla

w/ Cheddar Cheese, Peppers & Onions
 Peas
 Corn & Black Bean Salad
 Pineapple Tidbits or Fresh Fruit Choice
 Milk

17

Penne Pasta w/ Meat Sauce

Italian Blend
 Tossed Salad
 WG Garlic Toast
 Strawberry Cup or Fresh Fruit Choice
 Milk

20

NO SCHOOL

21

NO SCHOOL

22

Cheeseburger on WG Bun

W/ Lettuce & Tomato
 Crinkle Cut Fries
 Lentil Pasta Salad
 100% Fruit Punch or Fresh Fruit Choice
 Milk

23

**Buffalo Chicken Dip w/
 WG Tortilla Chips**

Celery Sticks w/ Ranch
 Peas
 Pears or Fresh Fruit Choice
 Milk

24

Grilled Cheese Sandwich

Tomato Soup
 Sliced Carrots
 Applesauce or Fresh Fruit Choice
 Milk

27

WG Pancakes with Sausage

Hashbrown Rounds
 Veggie Juice
 Warm Cinnamon Apple Slices or
 Fresh Fruit Choice
 Milk

28

BBQ Rib Patty on WG Bun

Potato Pancakes
 Baked Beans
 Frozen Fruit Swirl or Fresh Fruit Choice
 Milk

29

**Mandarin Orange Chicken over
 Egg Noodles**

Stir Fry Vegetables
 Fresh Pepper Stripes w/ Ranch
 WG Dinner Roll
 Fruit Cocktail or Fresh Fruit Choice

30

Cheese or Pepperoni Pizza

Mixed Vegetable
 Fresh Broccoli w/ Ranch
 Healthy Treat Bags
 Applesauce or Fresh Fruit Choice
 Milk

31

Lasagna Roll Up

Italian Green Beans
 Tossed Salad
 WG Bread Stick
 Fruit Cup or Fresh Fruit Choice
 Milk