



# January 2023

## Middle School Lunch Menu



### MENU

Meal Price:  
\$3.75  
Milk Only:  
\$0.50

MENU SUBJECT TO CHANGE

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

 PIZZA  GRAB it FAST  PLANT BASED  Fresh		10 Taco's  Bosco Sticks  Chicken Tenders w/ Dip Cheeseburger/Hamburger  Warm Falafel Wrap  Italian Sub Fruit & Yogurt Parfait	11 Breakfast Bowl w/ Chicken Sausage & Warm Cinn Roll  Four Cheese Pizza Slice  Spicy Chicken Sandwich Meatball Sub  MorningStar Farm Nuggets  Chef Salad Hummus Bistro Box	12 Pasta w/ Meat Sauce  Parmesan Cheezy Bites  Dill Chicken Sandwich Cheeseburger/Hamburger  Warm Falafel Wrap  Turkey Sub Fruit & Yogurt Parfait	13 Tangerine Chicken w/ Rice  Cheese or Pepp Slice  Chicken Sandwich All Beef Hot Dog  Black Bean Burger  Buffalo Chicken Salad Yogurt Bistro Box
		17 Burrito Bowl w/ Cilantro Lime Rice  Bosco Sticks  Chicken Tenders w/ Dip Cheeseburger/Hamburger  Warm Falafel Wrap  Italian Sub Fruit & Yogurt Parfait	18 Chicken & Waffles  Four Cheese Pizza Slice  Spicy Chicken Sandwich Meatball Sub  MorningStar Farm Nuggets®  Chef Salad Hummus Bistro Box	19 Three Cheese Pasta  Parmesan Cheezy Bites  Dill Chicken Sandwich Cheeseburger/Hamburger  Warm Falafel Wrap  Turkey Sub Fruit & Yogurt Parfait	20 Potstickers w/ Teriyaki Sauce  Cheese or Pepp Slice  Chicken Sandwich All Beef Hot Dog  Black Bean Burger  Buffalo Chicken Salad Yogurt Bistro Box
		23 Chicken & Spud Bowl  Cheese or Pepp Slice  Chicken Sandwich All Beef Hot Dog  Black Bean Burger  Italian Salad Yogurt Bistro Box	24 Taco's  Bosco Sticks  Chicken Tenders w/ Dip Cheeseburger/Hamburger  Warm Falafel Wrap  Italian Sub Fruit & Yogurt Parfait	25 Breakfast Bowl w/ Chicken Sausage & Warm Cinn Roll  Four Cheese Pizza Slice  Spicy Chicken Sandwich Meatball Sub  MorningStar Farm Nuggets®  Chef Salad Hummus Bistro Box	26 Pasta w/ Meat Sauce  Parmesan Cheezy Bites  Dill Chicken Sandwich Cheeseburger/Hamburger  Warm Falafel Wrap  Turkey Sub Fruit & Yogurt Parfait
		30 BBQ Pork Sandwich  Cheese or Pepp Slice  Chicken Sandwich All Beef Hot Dog  Black Bean Burger  Italian Salad Yogurt Bistro Box	31 Burrito Bowl w/ Cilantro Lime Rice  Bosco Sticks  Chicken Tenders w/ Dip Cheeseburger/Hamburger  Warm Falafel Wrap  Italian Sub Fruit & Yogurt Parfait		

**Assorted Fruits  
& Vegetables  
offered daily  
based upon  
seasonal  
availability**



**1% White  
or  
Fat Free**



**Chocolate  
offered daily**

### What is a Lunch?



Your student's choice of entree.



A minimum of one fruit/veggie. A student can take up to three daily. We offer fresh seasonal produce daily!



Milk is optional as part of the meal. We offer two varieties of milk daily

### a la carte purchases

Smart Snacks are available for purchase at South & Thomas Middle Schools. Visit our Department webpage for an updated price list.

### VIEW OUR MENU IN REAL TIME



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