



JANUARY MIDDLE SCHOOL LUNCH MENU:



Monday	Tuesday	Wednesday	Thursday	Friday
2018 HAPPY NEW YEAR!	2 TOP YOUR OWN HAMBURGER CRINKLE CUT FRIES FRESH FRUIT CHOICE FRESH VEGGIES MILK	3 BURRITO BAR FRESH FRUITS & VEG FRESH VEGGIES FRUIT ICE MILK	4 PARMESAN GARLIC CHICKEN MASHED POTATOES MIXED GREENS SALAD FRESH FRUIT CHOICE FRESH BAKED ROLL MILK	5 ITALIAN DUNKER MARINARA SAUCE GREEN BEANS FRESH FRUITS & VEG ICE CREAM SANDWICH MILK
8 CHICKEN TENDERS CURLY PASTA PARMESAN CRUSTED EDAMAME FRESH FRUITS & VEGGIES GARLIC TOAST MILK	9 CHEESE OMELET CINN GLAZED FRENCH TOAST TRI-TATORS FRESH FRUIT & JUICE MILK	10 CHEESY CHICKEN QUESADILLA CHEESY REFRIED BEANS FRESH FRUITS & VEG CINNAMON ROLL MILK	11 *COUNTRY FRIED STEAK MASHED POTATOES CORN FRESH FRUITS & VEG FRESH BAKED ROLL MILK	12 CHEESE or PEPPERONI PIZZA GARLIC BREAD STICK STEAMED BABY CARROTS MIXED GREENS SALAD FRUIT CHOICE MILK
15 NO SCHOOL	16 * PULLED PORK SANDWICH HERB ROASTED POTATOES COLESLAW FUDGE BAR FRESH FRUIT & JUICE MILK	17 CHICKEN SMACKERS AU GRATIN POTATOES PEAS FRESH FRUITS & VEG FRESH BAKED ROLL MILK	18 BEEFY NACHOS CHEESY REFRIED BEANS FRESH FRUITS & VEG WARM CINNAMON APPLES MILK	19 CHEESY TWISTED BREADSTICK MARINARA SAUCE BROCCOLI MIXED GREENS SALAD FRUIT CHOICE MILK
22 MARTIN LUTHER KING DAY	23 SPAGHETTI with CURLY PASTA ROASTED BRUSSELS SPROUTS MIXED GREENS SALAD FRUIT CHOICE GARLIC TOAST MILK	24 CHICKEN MEGA MINI BITES SESAME ASIAN NOODLES STIR FRY VEGGIES FRESH FRUITS & VEG MILK	25 COUNTRY FRIED BEEF STEAK MASHED POTATOES GREEN BEANS FRESH FRUIT & JUICE FRESH BAKED ROLL MILK	26 FISH FILLET SANDWICH POTATO SMILES STEAMED BABY CARROTS FRESH FRUITS & VEG JONNY POP MILK
29 CHICKEN & WILD RICE SOUP GRILLED HAM & SWISS SANDWICH MIXED GREENS SALAD FRESH FRUIT CHOICE MILK	30 BURRITO BAR FRESH FRUITS & VEG FRESH VEGGIES FRUIT ICE MILK	31 MINNESOTA MADE: TATOR TOT HOT DISH FRESH FRUIT CHOICE FRESH VEGGIES BANANA CAKE MILK	<p style="color: red; font-weight: bold;"><i>Meal Viewer is Here - Check it out</i></p> <p>Hover over a menu item and see information on it including:</p> <ul style="list-style-type: none"> * a photo showing the actual food * a description of the menu item * a summary of the nutritional information * whether it contains major allergens <p>Students can set up profiles to flag allergens or favorites on the menu. Students can also give feedback by rating menu items. Download the MealViewer To Go App ** or ** check us out at www.schools/mealviewer.com</p>	

ALTERNATES:

Hot Sandwich Salad Bar ~P.B.&J. Box Lunch	Chicken Basket Salad Bar ~P.B.&J. Box Lunch	* Pizza Salad Bar ~P.B.&J. Box Lunch	Ethnic Plate Salad Bar ~P.B.&J. Box Lunch	Blue Plate Special Salad Bar ~P.B.&J. Box Lunch
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SELECT GRILL MENU: \$2.55

Chicken Basket French Fries Carrots & Celery Fruit Choice	Hot Sandwich Sweet Potato or French Fries Broccoli Fruit Choice	Chicken Basket French Fries Baked Beans Fruit Choice	Hot Sandwich Sweet Potato or French Fries Mixed Greens Salad Fruit Choice	Chicken Basket French Fries Carrots & Celery Fruit Choice
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BIG CAT GRILL MENU: \$3.40

Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich French Fries Carrots & Celery Fruit Choice	Orange Chicken with Rice Mini Corn Dogs Fresh Wrap Sweet Potato or French Fries Broccoli Fruit Choice	Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich Pizza Crunchers Baked Beans - French Fries Fruit Choice	Fresh Wrap Twisted Cheese Bread or Italian Dunkers Mini Corn Dogs Sweet Potato or French Fries Mixed Greens Salad Fruit Choice	Premium Chicken Basket * Big Daddy's Pizza Croissant Sandwich French Fries Carrots & Celery Fruit Choice
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"This Institution is an equal opportunity provider."

REGULAR LUNCH & SELECT TIER MEALS = \$2.55 BIG CAT MEALS = \$3.40 Milk: \$.50

Free & Reduced status qualifies for Regular, Select Tier & Big Cat Meals.

Applications MUST be resubmitted each year and can be obtained at each school or online at www.isd194.org
(select Lunch - Select Payment Information)

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

*** Denotes foods containing Pork ~ Denotes foods containing Peanuts**

For more nutritional information, download the MealViewer To Go App *** OR **** Check us out at www.schools/mealviewer.com