					and the second of
Winter BREAK	7 Cheesy Pull-A- Part w/Marinara	8 Ham & Cheese Grinder with Lettuce & Tomatoes	9 Chicken & Waffles	10 General Tso's Wings w/Macaroni & Cheese	freshy
13 Spicy Chicken Quesadilla	14 Beef Walking Tacos	15 Pulled Pork Torta w/Avocado, Onions, Lettuce & Tomato	16 Chili Verde Fries w/Roll	17 Turkey & Mashed Potatoes w/ Gravy & Dinner Roll	Marketplace: Monday: Protein Box
20 MLK DAY MARTIN LUTHER KING DAY	21 Kung Pao Chicken w/Chow Mein Noodles	22 Beef Meatball Grinder w/Marinara Sauce & Mozzarella	23 Cheesy Nachos	24 Green Chili Chicken Pozole w/Tortilla Chips	Marketplace: Monday: Protein Box Tuesday: Spicy Chicken Salad w/Tapatio Ranch Dressing Wednesday: Crunchy Chicken Wrap Thursday: Chef Salad
27 Bean & Cheese Pupusas w/Curtido	28 Parmesan Chicken Sandwich	29 Albondigas Soup w/ Tortilla Chips	30 Pretzel Dogs	31 Chicken Fettuccine Alfredo w/Broccoli & Garlic Bread	Thursday: Chef Salad Priday: Taco Salad
 Middle School Daily Lunch Entrée Choices: Orange Chicken w/Seasonal Vegetables & Rice Teriyaki Chicken w/Seasonal Vegetables & Rice Pepperoni Pizza Wedge (Mon. / Wed. only) Buzz Burgers (Tue. / Thu. Only) Spicy Chicken Sandwich Pulled Pork Green Chili Burrito Yogurt Parfait w/Fruit & Granola 			Daily Choices:Seasonal Fresh Fruit OptionsFrozen Fruit Cups (Tues. / Thurs.)Cool Tropics Kiwi Variety (Mon. / Fri.)Seasoned BeansGarden SaladSeasoned Potato WedgesBaby CarrotsElote Cups		
Homemade Rand	<u>Condiment (</u> ch Dressing Ketchup Tapatio Saud	Mustard Mayonnaise	e Soy Sauce	Daily Milk Choices: 1% White Milk Nonfat Chocolate Milk	All grains are whole-grain rich. Students must select a ½ cup of fruit and or a ½ cup of vegetables with their meal. Meals are offered with non-fat chocolate milk or 1% white milk.

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