


# LAINGSBURG MIDDLE SCHOOL ~ JANUARY 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 *CHICKEN TACOS W/LETTUCE & CHEESE ON A W/W TORTILLA *FIESTA PIZZA REFRIED BEANS PINEAPPLE TIDBITS SALSA & SOUR CREAM	5 *SLOPPY JOE ON A W/W BUN *SPICY CHICKEN PATTY ON A W/W BUN BROCCOLI PEACH CUP BBQ SAUCE HONEY MUSTARD PICKLES	6 *CHEESE PIZZA *CHEESEBURGER ON A W/W BUN CAULIFLOWER FRESH FRUIT PICKLES KETCHUP & MUSTARD
9 *POPCORN CHICKEN *CORN DOG FRENCH FRIES STRAWBERRY/BANANA APPLESAUCE KETCHUP BBQ SAUCE HONEY MUSTARD	10 *SPAGHETTI & MEATBALLS W/BREADSTICK *FISH SANDWICH W/LETTUCE, TOMATO, & CHEESE GREEN BEANS FRESH FRUIT	11 *NACHOS DELUXE WITH MEAT, BEANS, & CHEESE SAUCE TORTILLA CHIPS *CHICKEN QUESADILLA SOUTHWESTERN PINTO BEANS JUICE SALSA & SOUR CREAM	12 *MOZZARELLA STICKS W/MARINARA SAUCE *BBQ PORK SANDWICH ON A W/W BUN SWEET POTATO FRIES FRESH FRUIT KETCHUP & MUSTARD	13 *SAUSAGE PIZZA *CHICKEN CHILI W/CHEESE & CRACKERS ROMAINE LETTUCE SALAD W/SHREDDED CARROTS & RANCH DRESSING APPLESAUCE
16  NO SCHOOL	17 *BBQ PORT ON A W/W BUN *MINI CORN DOGS BAKED BEANS MANDARIN ORANGES KETCHUP & MUSTARD	18 *WALKING TACOS W/MEAT, CHEESE, LETTUCE, & DORITO CHIPS *RED CHILI BEAN BURRITO PEAS STRAWBERRY/BANANA APPLESAUCE SALSA & SOUR CREAM	19 *MACARONI & CHEESE *FLAT BREAD PIZZA GREEN BEANS DICED PEACHES	20  ½ DAY NO LUNCH SERVED
23 *CHICKEN NOODLE SOUP W/CRACKERS *FRENCH BREAD PIZZA CARROTS DICED PEARS	24 *CHEESEBURGER ON A W/W BUN *SPICY CHICKEN PATTY ON A W/W BUN FRENCH FRIES APPLESAUCE KETCHUP & MUSTARD HONEY MUSTARD OR BBQ SAUCE	25 *CHEESE QUESADILLA *CHICKEN FAJITA ON A W/W TORTILLA REFRIED BEANS PINEAPPLE TIDBITS SALSA & SOUR CREAM	26 *PIG-N-BLANKET *HOT HAM & CHEESE ON A W/W SUB BUN ROMAINE LETTUCE SALAD WITH TOMATOES & RANCH DRESSING JUICE KETCHUP & MUSTARD	27 *CHEESE PIZZA *FISH SANDWICH WITH CHEESE, LETTUCE, & TOMATO CAULIFLOWER FRESH FRUIT TARTER SAUCE
30 *GRILLED CHEESE SANDWICH *GRILLED CHICKEN SANDWICH TOMATO SOUP CORN APPLESAUCE BBQ SAUCE OR HONEY MUSTARD	31 *MINI CORN DOGS *TURKEY BURGER ON A W/W BUN SWEET POTATO FRIES TROPICAL FRUIT KETCHUP, MUSTARD, & PICKLES			

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

COLD SUBS

HOT SUBS

SPECIALTY SALADS:

M-W-F ~ CHICKEN CAESAR SALAD

TUESDAY ~ BLT SALAD W/RANCH DRESSING

THURSDAY ~ COBB SALAD W/POPCORN CHICKEN & BLUE CHEESE DRESSING

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.


Milk is offered with every lunch meal & all milk is 1% white or fat free chocolate.

W/G= Whole Grain & W/W = Whole Wheat

The USDA is an equal opportunity provider and employer.



# JANUARY 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		4 YOGURT GRAHAM CRACKERS FRUIT JUICE	5 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	6 BLUEBERRY MUFFIN FRUIT JUICE
9 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	10 CHOICE OF CEREAL FRUIT JUICE	11 CINNAMON ROLL FRUIT JUICE	12 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	13 YOGURT GRAHAM CRACKERS FRUIT JUICE
16 NO SCHOOL	17 POP TART FRUIT JUICE	18 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	19 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE	20 CHOICE OF CEREAL FRUIT JUICE
23 BLUEBERRY MUFFIN FRUIT JUICE	24 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	25 YOGURT GRAHAM CRACKERS FRUIT JUICE	26 CHOICE OF CEREAL FRUIT JUICE	27 CINNAMON ROLL FRUIT JUICE
30 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE	31 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE			