

2018-2019 Middle School Lunch

January 2019

Mon	Tue	Wed	Thu	Fri
<p>31 Winter Break</p>	<p>1 Winter Break</p>	<p>2 Chicken, Mandarin Orange, 3.60 oz, Yang's 8-52724-15552-4, W230 OSPI [LOCAL] (2649) Broccoli Florets Cauliflower, raw Baby Carrots Cucumber Slices Red Bell Pepper Strips Cantaloupe Fresh Apple Long Grain, Parboiled, Brown Rice (Chicken Flavored), 1/2 c. Dinner Rolls 1% Milk Chocolate Milk Fat Free Milk Caesar Dressing Foothill Farms Ranch Dressing Smart Balance Butter Spread Sour Cream Salsa</p>	<p>3 Hamburger Tomato Slices Dill Pickle Chips White Onions Cucumber, peeled, raw Romaine Lettuce Pea Pods Baked Beans Mandarin Oranges Fresh Apple 1% Milk Chocolate Milk Fat Free Milk Ketchup, Packet Mayonnaise, pkt Mustard, pkt Foothill Farms Ranch Dressing</p>	<p>4 Nachos with Chili and Cheese Diced Tomatoes White Onions Sliced Olives Shredded Iceberg Lettuce Peas, green Whole Kernal Corn Fresh Apple Peaches, Sliced Chocolate Milk 1% Milk Fat Free Milk Sour Cream Foothill Farms Ranch Dressing Salsa Caesar Dressing</p>
<p>7 French Dip Sandwich Romaine Lettuce Grated Carrots Green Bell Pepper Strips Red Bell Pepper Strips Tomato Slices Tater tots Sliced Pears Fresh Apple Slices 1% Milk Chocolate Milk</p>	<p>8 Chili MS/HS Romaine Lettuce Sliced Olives Diced Tomatoes Beans, Garbanzo, Chick Peas White Onions Grapes Fresh Apple Corn Muffin 1% Milk Fat Free Milk</p>	<p>9 Pepperoni Pizza Ripper Romaine Lettuce Spinach, raw [GLOBAL] (6721) Cherry Tomatoes Baby Carrots Mixed Fruit 1% Milk Fat Free Milk Caesar Dressing</p>	<p>10 Grilled Cheese Sandwich On WG/ Bread Romaine Lettuce Tomato Soup Cucumber, peeled, raw Baby Carrots Oranges Fresh Apple 1% Milk Fat Free Milk</p>	<p>11 Drumstick, Breaded Grated Carrots Romaine Lettuce Broccoli Florets Cauliflower, raw Peas, green Diced Pears Crackers, Saltines, Whole Wheat 1% Milk Fat Free Milk Caesar Dressing Foothill Farms Ranch Dressing</p>

<p>14</p> <ul style="list-style-type: none"> Pepperoni Pizza Cheese Pizza Romaine Lettuce Black Beans Baby Carrots Celery, raw Cherry Tomatoes Cranberries, Dried Pineapple Tidbits 1% Milk Fat Free Milk Chocolate Milk 	<p>15</p> <ul style="list-style-type: none"> Elementary Spaghetti Romaine Lettuce Spinach, raw [GLOBAL] (6721) Cherry Tomatoes Cut Green Beans Fresh Apple Grapes 1% Milk Fat Free Milk 	<p>16</p> <ul style="list-style-type: none"> Teriyaki Dippers Cherry Tomatoes Whole Kernal Corn Cucumber Slices Baby Carrots Celery, raw Mandarin Oranges Fresh Apple Dinner Rolls- HS 1% Milk Fat Free Milk 	<p>17</p> <ul style="list-style-type: none"> Chicken, Fajita Romaine Lettuce Diced Tomatoes White Onions Sliced Olives Applesauce, Cinnamon cup Fresh Apple 1% Milk Fat Free Milk 	<p>18</p> <ul style="list-style-type: none"> Spokane Tribal Day
<p>21</p> <ul style="list-style-type: none"> MLK Jr. Day 	<p>22</p> <ul style="list-style-type: none"> Chicken on a Bun Romaine Lettuce Baby Carrots Herb Roasted Potatoes Tomato Slices White Onions Cucumber Slices Peaches, Diced Cup Frozen Apple Crisp 1% Milk Fat Free Milk Chocolate Milk Caesar Dressing Foothill Farms Ranch Dressing 	<p>23</p> <ul style="list-style-type: none"> Chicken Noodle Soup Peas, green Broccoli Florets Romaine Lettuce Baby Carrots Fresh Apple Slices Chocolate Milk 1% Milk Fat Free Milk Smart Balance Butter Spread Foothill Farms Ranch Dressing 	<p>24</p> <ul style="list-style-type: none"> Bean & Cheese Burrito Whole Kernal Corn Shredded Iceberg Lettuce Diced Tomatoes White Onions Sliced Olives Romaine Lettuce Sliced Peaches 1% Milk Fat Free Milk Salsa Sour Cream 	<p>25</p> <ul style="list-style-type: none"> Chicken, Nuggets, Homestyle Romaine Lettuce Shredded Red Cabbage Cherry Tomatoes Green Bell Pepper Strips Red Bell Pepper Strips Peas, green Grated Carrots Mixed Fruit Fresh Apple 1% Milk Fat Free Milk Caesar Dressing Thousand Island Dressing Foothill Farms Ranch Dressing

<p>28</p> <p>BBQ Riblet Sandwich</p> <p>Romaine Lettuce</p> <p>Broccoli Florets</p> <p>Cut Green Beans</p> <p>Tomato Slices</p> <p>White Onions</p> <p>Fresh Apple Slices</p> <p>Chocolate Milk</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p> <p>Mayonnaise, pkt</p> <p>Ketchup, Packet</p>	<p>29</p> <p>Soft Taco</p> <p>Romaine Lettuce</p> <p>Baby Carrots</p> <p>Black Beans</p> <p>Sliced Olives</p> <p>White Onions</p> <p>Diced Tomatoes</p> <p>Sliced Peaches</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Sour Cream</p> <p>Salsa</p>	<p>30</p> <p>Mini Corn Dogs</p> <p>Tater tots</p> <p>Romaine Lettuce</p> <p>Broccoli Florets</p> <p>Cauliflower, raw</p> <p>Cucumber Slices</p> <p>Red Bell Pepper Strips</p> <p>Baby Carrots</p> <p>Banana</p> <p>Grapes</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Ketchup, Packet</p>	<p>31</p> <p>Hamburger</p> <p>Celery, raw</p> <p>White Onions</p> <p>Dill Pickle Chips</p> <p>Shredded Iceberg Lettuce</p> <p>Tomato Slices</p> <p>Oranges</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Caesar Dressing</p> <p>Foothill Farms Ranch Dressing</p> <p>Mayonnaise, pkt</p> <p>Mustard, pkt</p> <p>Ketchup, Packet</p>	<p>1</p> <p>Pizza (Pepperoni or Cheese)</p> <p>Romaine Lettuce</p> <p>Tomato Slices</p> <p>Carrot Sticks</p> <p>Cucumber, peeled, raw</p> <p>Red Bell Pepper Strips</p> <p>Spinach, raw [GLOBAL] (6721)</p> <p>Pineapple Tidbits</p> <p>Fresh Apple</p> <p>1% Milk</p> <p>Fat Free Milk</p> <p>Chocolate Milk</p> <p>Foothill Farms Ranch Dressing</p> <p>Caesar Dressing</p>
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This institution is an equal opportunity provider.