



# JANUARY 2023

## MIDDLE SCHOOL | LUNCH MENU

MON	TUES	WED	THURS	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
MTO Mexican Station Penne Alfredo w/ Chicken, Garlic Toast Fresh Roasted Brussel Sprouts, Baby Carrots	MTO Mexican Station Pizza Meatball Sub Italian Blend Veg, Red Pepper Strips	MTO Mexican Station Baked Potato w/ Vegetarian Chili & Cheese Capri Blend Veg, Baby Carrots	MTO Mexican Station Beef Sloppy Joe sandwich WG Bun Winter Blend Veg, Tomato wedges	Schools Closed
				<b>Week 3</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
MTO Asian Station LTO: Black Bean Chili Frito Bowl Capri Blend Veg, Garbanzo Beans	MTO Asian Station LTO: Black Bean Chili Frito Bowl Italian Blend Veg, Broccoli Florets	MTO Asian Station LTO: Black Bean Chili Frito Bowl Winter Blend Veg, Tomato Wedges	MTO Asian Station LTO: Black Bean Chili Frito Bowl Steamed Corn, Baby Carrots	MTO Asian Station LTO: Black Bean Chili Frito Bowl Italian Blend Veg, Cucumber Slices
				<b>Week 4</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Schools Closed	MTO Potato Station Garlic Chili Popcorn Chicken Lo Main French Fries, Baby Carrots	MTO Potato Station Cheese Stuffed Breadsticks/Marinara Itsalian Blend, Tomato Wedges	MTO Potato Station Fish Sticks/Mac& Cheese Winter Blend, Cucumber Slices	MTO Potato Station Chicken Frito Bowl French Fries, Corn
				<b>Week 5</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
MTO Italian Station Max Sticks w/ Marinara sauce Capri Blend, Garbanzo Beans	MTO Italian Station Boneless Chicken wing w/ Pretzel Rod Italian Blend, Broccoli	MTO Italian Station French Toast sticks w/ Chicken sausage patty Winter Blend Veg, Tomatoes	MTO Italian Station Cheese Ravioli served w/ Pretzel Rod Capri Blend, Cucumber Slices	MTO Italian Station Chicken Corn Dogs Italian Blend Veg, Corn
				<b>Week 1</b>
<b>30</b>	<b>31</b>			
MTO Breakfast Station (2) Beef Soft Tacos Vegetarian Baked Beans, Baby Carrots	MTO Breakfast Station Cheese Quesadilla Italian Blend Veg, Broccoli Florets	Capri Blend: carrots, green beans, zucchini Italian Blend: carrots, cauliflower , Romano Beans, Lima Beans. Winter Blend: Broccoli, Cauliflower		
				<b>Week 2</b>

**Specials:**  
**Week 1: Chicken Caesar Salad**  
**Week 2: Chicken Nacho Salad**  
**Week 3: Turkey Cheese Salad**  
**Week 4: Ham Salad**  
**Week 5: Italian salad**  
 \*\* All Salads served with WG Dinner  
 Roll or WG Pretzel Rod

**DAILY:**  
 Whole Wheat Uncrustable Meal Box:  
 (PB&J, String Cheese, Graham  
 Crackers)  
 \* MTO Deli Station ~ \*Pizza Station  
 \*\*Hamburgers ~ Cheeseburger ~  
 Veggie Burger ~ Hot Dogs ~ Chicken  
 Tenders ~ Breaded Chicken  
 Sandwich ~ Breaded Spicy Chicken  
 Sandwich  
 Fresh Vegetable Variety: Carrots,  
 Broccoli, Cucumber, Celery, Grape  
 Tomato, Peppers, Beans , Legumes

**Powering  
potential.**



Provided Daily:  
 Assorted Low Fat Unflavored, and Chocolate  
 Assorted Fresh Fruit of the Day & Assorted 100% Fruit Juices  
 Local produce grown within 350 miles is identified by (L).  
 Questions and concerns: Please call Food Service 856-424-2316.  
 Meal Applications can be filled out anytime during the school year  
 Full Price Breakfast \$1.90 and Full Price Lunch \$3.00

All Lunches Must  
 Include Choice of:  
 Fruits and/or  
 Vegetable  
 And May include:  
 1% Low-Fat Milk



This institution is an equal  
 opportunity provider

**Menus are subject to change.**