

January 2018 Jefferson and Schalmont Middle Schools

Tuesday, January 2

Chicken Tenders w/Homemade Dipping Sauce & Goldfish Crackers

Side Dishes

Fresh Carrots w/LF Ranch

Seasoned Green Beans

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Wednesday, January 3

Stuffed Crust

Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Thursday, January 4

Pancakes w/Sausage & Syrup or

Corndog

Side Dishes

Fresh Celery w/LF Ranch

Tater Tot

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Friday, January 5

Ham & cheese on a Pretzel Roll or

Meatball Sub w/Cheese on WG Roll

Side Dishes

Fresh Veggies w/LF Ranch

Corn

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Monday, January 8

Popcorn Chicken w/Homemade Dipping Sauce &

Goldfish Crackers

Side Dishes

Fresh Carrots w/LF Ranch

Green Beans

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Tuesday, January 9

Mozzarella Sticks w/Marinara Sauce or

Cheeseburger on WG Roll

Side Dishes

Fresh Celery w/LF Ranch

Steamed Carrots

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Wednesday, January 10

Homemade Cheese

Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Thursday, January 11

Roasted Seasoned Chicken w/

Brown Rice & Gravy

Cheese Quesadilla w/Salsa & Sour Cream

Side Dishes

Fresh Broccoli w/LF Ranch

Corn

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Friday, January 12

Baked Potato w/Sour Cream, Cheese & WG Dinner Roll or Chicken Patty on WG Roll

Side Dishes

Fresh Veggies w/LF Ranch

Steamed Broccoli

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

No School Monday, January 15 in recognition of Martin Luther King, Jr.

Tuesday, January 16

Chicken Nuggets w/Homemade Dipping Sauce & WG Garlic Breadstick

Side Dishes

Fresh Carrots w/LF Ranch

Baked French Fries

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Wednesday, January 17

Personal Pan

Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes

Assorted Fresh and Canned Fruits

Assorted Milk, Juice or Water

Thursday, January 18

Taco Salad w/Meat, Lettuce, Cheese, Salsa & Sour Cream or

Fish Sticks w/Homemade Tarter Sauce

Side Dishes

Fresh Celery w/LF Ranch

Refried Beans
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Friday, January 19
Chicken Bowl w/Mashed Potatoes, Corn, Gravy & Cheese or
Hot Dog on WG Roll

Side Dishes

Fresh Veggies w/LF Ranch
Mashed Potatoes w/Gravy
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Monday, January 22
Chicken Tenders w/Homemade Dipping Sauce & WG Garlic Breadstick

Side Dishes

Fresh Carrots w/LF Ranch
Green Beans
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Tuesday, January 23
Chinese Chicken w/Brown Rice or
Cheeseburger on WG Roll

Side Dishes

Fresh Celery w/LF Ranch
Steamed Broccoli
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Wednesday, January 24

Homemade Cheese
Pizza

Side Dishes

Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Thursday January 25
Macaroni & Cheese w/WG Dinner Roll or
Chicken Patty on WG Roll

Side Dishes

Fresh Broccoli w/LF Ranch
Corn
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Friday, January 26
French Toast Sticks w/Sausage & Syrup or
Corn Dog

Side Dishes

Fresh Veggies w/LF Ranch
Tater Tots
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Monday, January 29

Chicken Nuggets w/Homemade Dipping Sauce & Goldfish Crackers

Side Dishes

Fresh Carrots w/LF Ranch
BBQ Baked Beans
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Tuesday, January 30

Mozzarella Sticks w/Marinara Sauce or

Hot Dog on WG Roll

Side Dishes

Fresh Celery w/LF Ranch
Green Beans
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

Wednesday, January 31

Bosco Sticks w/Marinara Sauce

Side Dishes

Fresh Garden Salad w/LF Italian Dressing & Sliced Tomatoes
Assorted Fresh and Canned Fruits
Assorted Milk, Juice or Water

