


East Aurora UFSD MIDDLE SCHOOL Lunch Menu

January
2019

Lunch Prices:
5-8: \$1.80
Reduced Price: \$.25



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>VEGETABLE OF THE MONTH IS: WHITE POTATOES No Fat, sodium OR cholesterol. Good source of Vitamin B6 Try them on the 14th!</p>	<p>NEW YEAR'S DAY NO SCHOOL</p> 	<p>Cheeseburger OR Hot Dog On A Bun</p> <p>French Fries Carrots $\frac{3}{4}$ cup</p>	<p>French Toast Sticks W/Syrup & Sausage</p> <p>Hashbrown Broccoli</p>	<p>Grilled Cheese Sandwich W/Tomato Soup</p> <p>Baked Beans Corn</p>
<p>Sloppy Joe On A Bun</p> <p>Baked Beans</p>	<p>Nacho Grande W/Tostito Chips Seasoned Rice</p> <p>Corn Salsa $\frac{1}{4}$ cup</p>	<p>Macaroni & Cheese OR Chicken Alfredo W/Warm Dinner Roll</p> <p>Broccoli</p>	<p>Chicken & Cheese Wrap</p> <p>Green Beans</p>	<p>BOSCO Sticks W/Pizza Dipping Sauce</p> <p>Carrots $\frac{3}{4}$ cup</p>
<p>Chicken Patty On A Bun</p> <p>White Potatoes</p>	<p>8' Beef or Chicken Taco Seasoned Rice</p> <p>Corn Salsa $\frac{3}{4}$ cup</p>	<p>TRY SOMETHING NEW</p> <p>BBQ Chicken Flatbread</p> <p>Green Beans</p>	<p>Spaghetti & Meatballs W/Warm Dinner Roll</p> <p>1 Cup Romaine = $\frac{1}{2}$ Cup</p>	<p>Grilled Cheese Sandwich W/Tomato Soup</p> <p>Carrots $\frac{3}{4}$ cup</p>
<p>DR. MARTIN LUTHER KING JR. DAY</p> <p>NO SCHOOL</p>	<p>Taco In A Bag W/Seasoned Rice Lettuce Cup</p> <p>Corn Salsa $\frac{1}{4}$ Cup</p>	<p>Buffalo Chicken Mac & Cheese</p> <p>Carrots</p>	<p>Italian Dippers W/Pizza Sauce</p> <p>Broccoli Cauliflower</p>	<p>Chicken Nuggets W/Dinner Roll</p> <p>Baked Beans</p>
<p>Bacon Cheeseburger On A Bun</p> <p>Tater Tots Carrots $\frac{3}{4}$ cup</p>	<p>Nacho Grande W/Tostito Chips Seasoned Rice</p> <p>Bean salad Salsa $\frac{1}{4}$ cup Broccoli</p>	<p>Chicken & Gravy Over Rotini</p> <p>Green Beans Corn</p>		

BREAKFAST IS AVAILABLE IN EACH BUILDING EVERY DAY!
\$1.00
Start Your Day Off Right With Breakfast!

Offered daily

With all School Lunches:

*Fresh Fruit (served by the piece = 1/2 cup)
Prepared Fruit (served by the $\frac{1}{2}$ cup portion)
Vegetables (served by the $\frac{3}{4}$ c portion unless otherwise noted)
Must take $\frac{1}{2}$ cup Fruit or Veggie
(May take 1 cup)*

Non or Low Fat White or Non Fat Chocolate Milk available daily

In addition to the Entrée:

PBJ (2M & 2G)

Julienne Salad w/dinner rolls

Yogurt Parfait

Start with a:

- **Vegetable**
- **Fruit** (or take both)
- **Choose whole grains**
- **Pick a lean protein**
- **Add serving of milk**

Take at least 3