



# JANUARY | 2019

## Millersport Middle/High School Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31</p> 			<p>3</p> <p>Bacon Cheeseburger/Bun or Grilled Chicken Bacon club Seasoned Fries Carrots &amp; Dip Pickle Slices Fruit Choice Milk</p>	<p>4</p> <p>4X6 Pepperoni Pizza or Lasagna Roll Up/Garlic Toast Green Beans Mixed Green Salad Red Peppers &amp; Hummus Fruit Choice Milk</p>
<p>7</p> <p>Popcorn Chicken Bowl w/Dinner Roll or Cooks Choice Mashed Potatoes &amp; Gravy Steamed Corn Fruit Choice Milk</p>	<p>8</p> <p>Boneless Wings/Pretzel Stix Or Mac &amp; Cheese/Pretzel Stix Green Beans Mixed Green Salad Celery &amp; Peanut Butter Fruit Choice Milk</p>	<p>9</p> <p>General Tso or Sweet &amp; Sour Chicken with Rice or LoMein Noodles Steamed Broccoli Mixed Green Salad Fruit Choice Fortune Cookie Milk</p>	<p>10</p> <p>Soft Taco with Chicken or Beef Lettuce-Cheese-Sour Cream Refried Beans Steamed Corn Fruit Choice Milk</p>	<p>11</p> <p>Primo Pepperoni Pizza Or Pulled Pork/Bun Green Beans Pasta Salad Fruit Choice Cookie Milk</p>
<p>14</p> <p>Chicken Tender Wrap Lettuce &amp; Cheese or Hot &amp; Spicy Pattie/Bun Au gratin Potatoes Steamed Corn Fruit Choice Milk</p>	<p>15</p> <p>Spaghetti &amp; Meat Balls w/Garlic Toast or Pepperoni Calzone w/Sauce Mixed Green Salad Veggies &amp; Dip Fruit Choice Milk</p>	<p>16</p> <p>Foot Long Coney Dog or Toasted Cheese Sandwich Tomato Soup/Crackers Tater Tots Fruit Choice Milk</p>	<p>17</p> <p>Bosco Sticks w/Marinara Or Turkey Bacon Sub Green Beans Mixed Green Salad Fruit Choice Milk</p>	<p>18</p> <p>Buffalo Chicken Pizza Or Cheese Pizza Steamed Broccoli Baked Beans Celery &amp; Peanut Butter Fruit Choice Milk</p>
<p>21</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p>22</p> <p>Chicken Quesadilla With Salsa and Sour Cream Or Philly Steak &amp; Cheese Sub w/Peppers and Onions Refried Beans Steamed Corn Fruit Choice Milk</p>	<p>23</p> <p>Honey Sirracha Chicken With Rice or Chicken Sandwich Steamed Broccoli Mixed Green Salad Fruit Choice Milk</p>	<p>24</p> <p>Turkey &amp; Noodles Dinner Roll &amp; Butter or Cheeseburger/Bun Whipped Potatoes Carrots &amp; Dip Fruit Choice Milk</p>	<p>25</p> <p>Stuffed Crust Pizza or Hot Spicy Chicken/Bun Green Beans Mixed Green Salad Fruit Choice Milk</p>
<p>28</p> <p>Chicken Nuggets w/Dinner Roll or Pulled Pork/Bun Mashed Potatoes &amp; Gravy Cucumbers &amp; Dip Fruit Choice Milk</p>	<p>29</p> <p>Walking Taco Lettuce-Cheese-Sour Cream Or Mexican Pizza Refried Beans Steamed Corn Fruit Choice Milk</p>	<p>30</p> <p>General Tso Chicken w/Rice or Lo Mein Noodles Or Chicken Pattie/Bun Steamed Broccoli Mixed Green Salad Mandarin Oranges Milk</p>	<p>31</p> <p>French toast Sticks w/Syrup and Cheese Omelet or Cheeseburger/Bun Potato Triangle Veggies &amp; Dip Fruit Choice Milk</p>	<p>1</p> <p>You may pay on line for your student's lunches. Just go to the school website and click on Payschoolscentral.com</p>

### News

Assorted breakfast items are offered daily with fruit, 100% juice and milk.

**Breakfast Prices**  
Student - \$1.00  
Reduced/Free – No Charge  
**Lunch Prices**  
Student - \$2.95  
Reduced - \$.40

All lunches include choice of entrée items (protein & grain) 2 fruit, 2 vegetable choices and milk. Students are required to take a serving of 1 fruit or vegetable.

Garden Salads and a variety of fresh fruits and vegetables are offered daily.

Free and reduced lunch applications are accepted all year and can be obtained on line at [www.walnuttsd.org](http://www.walnuttsd.org) or at any school office.

Menu is subject to change