



2017

# January

## Midland Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<b>3</b> Pancakes w/ Syrup  Applesauce, Peaches or Apple Juice	<b>4</b> French Toast w/ Syrup  Banana, Fresh Orange or Fruit Punch	<b>5</b> Breakfast Pizza  Fruit Mix, Diced Peaches or Fruit Punch	<b>6</b> Cini Mini  Banana, Diced Pears or Orange Juice	<p><b>Breakfast: Universal Free</b></p> <p><b>Served Daily:</b></p> <p>~Yogurt w/ Scooby Snacks ~Coco Puffs ~Cinnamon Toast Crunch ~Frosted Flakes ~Rice Krispies ~Cheerios ~Benefit Bars ~NutraGrain Bars</p> <p><b>Milk:</b> ~White 1% ~Chocolate Skim</p> <p><b>Please contact Kathy Weimer in the Nutrition Office for any dietary or allergy needs.</b></p> <p><b>724-643-8650 Ex. 238</b></p>
<b>9</b> Bagel w/ Cream Cheese  Pears, Apple or Fruit Punch	<b>10</b> Scrambled Eggs w/ Cheese  Apple Sauce, Peaches or Apple Juice	<b>11</b> French Toast w/ Syrup  Banana, Orange, or Fruit Punch	<b>12</b> Breakfast Pizza  Orange, Banana or Orange Juice	<b>13</b> Pancakes w/ Syrup  Fruit Mix, Diced Peaches or Grape Juice	
<b>16</b> MLK Day  No School	<b>17</b> Chicken & Cheese English Muffin  Fresh Orange, Diced Peaches or Apple Juice	<b>18</b> Waffle w/ Syrup  Banana, Orange or Apple Juice	<b>19</b> Breakfast Pizza  Diced Peaches, Banana or Orange Juice	<b>20</b> Egg, Cheese & Sausage Biscuit  Diced Pears, Fresh Apple or Apple Juice	
<b>23</b> Cini Mini  Diced Pears, Apples or Grape Juice	<b>24</b> Scrambled Eggs w/ Cheese  Peaches, Fruit Mix or Apple Juice	<b>25</b> Funnel Cake  Banana, Apple or Fruit Punch	<b>26</b> Breakfast Pizza  Fruit Mix, Banana or Fruit Punch	<b>27</b> French Toast w/ Syrup  Fresh Orange, Applesauce or Apple Juice	
<b>30</b> Breakfast Pizza  Fruit Mix, Apple or Orange Juice	<b>31</b> Pancakes w/ Syrup  Orange, Diced Peaches or Fruit Punch				

## Midland Breakfast Menu



*Let's start the day off right with a wholesome breakfast, there are many options to choose from!*

Menus are subject to change without notice.





# Midland Elementary School Lunch Menu

January 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 Popcorn Chicken Bowl Ham &amp; Cheese on Pretzel Bun Mexican Pizza</p> <p>Seasoned Corn or Celery Sticks Diced Peaches or Apple Juice</p>	<p>4 Chicken Tenders w/ Roll Baked Potato Bar!</p> <p>Steamed Broccoli or Fresh Cucumber Diced Pears or Grape Juice</p>	<p>5 Meatloaf w/ Gravy &amp; Roll Turkey Chef Salad w/ Roll Deli Bar w/ Soup</p> <p>Mashed Potatoes or Cherry Tomatoes Fresh Apple or Orange Juice</p>	<p>6 Walking Taco Pizza Bar: Cheese, Pepperoni or Buffalo Chicken</p> <p>French Fries or Baby Carrots Fresh Orange or Applesauce</p>
<p>9 Chicken Patty Sandwich on WG Bun Italian Flat Bread Fresh Fruit, Cheese &amp; Yogurt Plate w/ Cinnamon Breadstick!</p> <p>French Fries or Grape Tomatoes Apple or Fruit Mix</p>	<p>10 Buffalo Chicken Salad w/ Roll Ham &amp; Cheese Wrap Pasta Bar!</p> <p>Steamed Broccoli or Fresh Cucumber Peaches or Orange Juice <b>PUDDING DAY!!</b></p>	<p>11 Chicken Nuggets w/ Roll Ham &amp; Turkey Cobb Salad w/ Roll Walking Taco</p> <p>Mashed Potatoes w/ Gravy or Baby Carrots Diced Pears or Banana</p>	<p>12 Diced Chicken Salad w/ Roll Beef Enchiladas Hot Dog Bar!</p> <p>Baked Beans or Celery Sticks Applesauce or Fruit Punch</p>	<p>13 Grilled Cheese Sandwich w/ Tomato Soup Chicken Caesar Salad w/ Roll Flat Bread Pizza</p> <p>French Fries or Fresh Cucumber Diced Peaches or Oranges</p>
<p>16 MLK Day</p> <p>No School</p>	<p>17 Max Sticks w/ Sauce Breaded Chicken Salad w/ Roll Burger Bar!</p> <p>French Fries or Side Salad Apple or Fruit Mix</p>	<p>18 Salisbury Steak w/ Noodles Taco Bar!</p> <p>Green Beans or Baby Carrot Orange or Diced Peaches</p>	<p>19 Chicken Penne Rose Pasta w/ Roll Romaine Chicken &amp; Cheese Salad w/ Roll Corn Dog</p> <p>Tater Tots or Fresh Broccoli Fruit Mix or Orange Juice</p>	<p>20 French Toast w/ Sausage &amp; Syrup Pizza Hoagie Turkey &amp; Bacon Flat Bread</p> <p>Hash Brown or Mixed Vegetables Apple or Fruit punch</p>
<p>23 Spicy Chicken Sandwich on WG Bun Walking Taco Deli Bar!</p> <p>Baked Beans or Cherry Tomatoes Fruit Mix or Apple Juice</p>	<p>24 Popcorn Chicken Bowl Taco Bar Tuesday!</p> <p>Corn or Refried Beans Diced Peaches or Orange Juice <b>PUDDING DAY!!</b></p>	<p>25 Chicken Nuggets w/ Roll Baked Spaghetti w/ Roll</p> <p>French Fries or Side Salad Diced Pears or Banana</p>	<p>26 Chicken Drum Stick w/ Scalloped Potatoes Turkey Bacon Flat Bread</p> <p>Steamed Broccoli or Celery Sticks Applesauce or Fruit Punch</p>	<p>27 Homemade Chili w/ Cheese &amp; Corn Bread Beef Nacho Salad Cheese or Pepperoni Pizza</p> <p>French Fries or Side Salad Apple or Apple Juice</p>
<p>30 Meatball Hoagie Baked Lasagna w/ Breadstick Ham Chef Salad w/ Breadstick</p> <p>French Fries or Romaine Salad Fruit Mix or Diced Pears</p>	<p>31 BBQ Pork Sandwich Salisbury Steak w/ Noodles Cobb Salad w/ Roll</p> <p>Green Beans or Red Pepper Strips Diced Peaches or Fresh Orange</p>			

Menu is subject to change

Vegetable choices may include:

- Baby Carrots
- Red Pepper Strips
- Cucumbers
- Cherry Tomatoes
- Celery Sticks
- Romaine Salad

**Lunch Pricing:**

Full: \$1.50

Reduced: \$0.40

Free to those who qualify

**\*\*THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER**

**Choice of Milk Vanilla Soy, Low-fat white  
and fat-free chocolate choices.**

**Choice of Fruits, Veggies,  
or Juice Daily**

*Pick your favorites from  
a variety of Fresh,  
Cooked, Canned, or Juice  
all available everyday!*

DAILY FEATURES:

**Peanut Butter & Jelly or  
Cheese Sandwich**



Please contact the foodservice office  
with any questions 724-643-8650

