

MIDDLE SCHOOL MENU

JANUARY 2020



POWER UP BREAKFAST

Daily Breakfast Specials

- Monday** English Muffin Breakfast Sandwich
- Tuesday** Ham & Cheese Egg Bake, Triangle Potatoes
- Wednesday** Pancake Combo
- Thursday** Breakfast Burrito
- Friday** Sausage & Cheese Egg Bake, Potato Rounds

Everyday Breakfast

Fill up! Unlimited offering bar with Hard-boiled Eggs, Yogurt Parfaits, Cheese & Fruit. **Also available daily:** Scones, Breakfast Rounds or Muffins, Bagels, Hot & Cold Cereals, and Milk (1% & nonfat)

REFUEL WITH LUNCH IT'S EASY!

1. Choose an entrée: Featured Hot, Salad or Sandwich
2. Fill up on unlimited fruits & veggies at the Offering Bar
3. Quench your thirst with water or milk (1% & nonfat options)

Daily Sandwich & Salad Specials (Lunch)

- Monday** Bagel (veggie or meat), Chef Salad
- Tuesday** Sub Sandwich (vegie or meat), Caesar Salad
- Wednesday** Naan Dippers (tuna, hummus, egg salad), Taco Salad
- Thursday** Super Sub (turkey, ham or veggie), Chef Salad
- Friday** Bagel Sandwich (turkey, ham or veggie), Caesar Salad

Menu subject to change. Menu & Nutrition Info: family.titank12.com

FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jan 1-3	WINTER BREAK – NO SCHOOL				
Jan 6-10	<ul style="list-style-type: none"> ▪NO SCHOOL 	<ul style="list-style-type: none"> ▪Burrito/Nacho Bar featuring Chili Verde, Tofu Verde, or Beef ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Macaroni & Cheese ▪Parmesan Peas ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Scratch Sloppy Joes with Beef or Tempeh ▪Sweet Potatoes ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Pesto Panini Sandwich ▪Tater Tots ▪Pepperoni, Cheese or Hawaiian Pizza
Jan 13-17	<ul style="list-style-type: none"> ▪Orange Popcorn Chicken or Tofu & Rice ▪Sesame Green Beans ▪Pepperoni, Hawaiian or Cheese Pizza 	<ul style="list-style-type: none"> ▪Chicken & Veggie Fajitas with the toppings bar ▪Spanish Rice and Refried Beans ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Parmesan Pasta with Chicken or Tofu ▪Kale Cranberry Salad ▪Pepperoni, Cheese or Hawaiian Pizza 	<ul style="list-style-type: none"> ▪BBQ Baked Chicken and Potatoes, Breadstick ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Chicken Tenders ▪Tater Tots ▪Pepperoni, Hawaiian or Cheese Pizza
Jan 20-24	<ul style="list-style-type: none"> ▪NO SCHOOL 	<ul style="list-style-type: none"> ▪Taco/Nacho Bar with Ground Beef or Tofu ▪Pico de Gallo ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Bowtie Alfredo with Chicken or Tempeh and Broccoli & roll ▪Pepperoni, Hawaiian or Cheese Pizza 	<ul style="list-style-type: none"> ▪Turkey and Gravy Over Mashed Potatoes & Roll ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪100% Beef or Veggie Hot Dog with Baked Beans, Fries ▪Pepperoni, Hawaiian or Cheese Pizza
Jan 27-31	<ul style="list-style-type: none"> ▪Chicken or Tofu with Organic Yakisoba Noodles ▪Steamed Edamame ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Beef, bean and/or Cheese Quesadillas ▪Spanish Rice & Chipotle Ranch ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Italian Roasted Chicken with Parmesan Polenta ▪Butternut Squash ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Buffalo Wild Chicken, Pretzel Twist, Carrots & Celery w/Ranch ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪NO SCHOOL

(v) Vegetarian option available

MEAL PRICES Pay online at: mymealtime.com

Breakfast \$1.75 Students | \$4.00 Adults | \$0 Free/Reduced

Lunch \$3.25 Students | \$5.00 Adults | \$0 Free/Reduced

Free Meals ATA, Fox Hollow & Kelly (All Meals), Madison (Free Breakfast)

QUESTIONS?

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