

Middle School Lunch Bridge Academy



**“IF YOU CAN'T FLY THEN RUN,
IF YOU CAN'T RUN THEN
WALK, IF YOU CAN'T WALK
THEN CRAWL, BUT WHATEVER
YOU DO YOU HAVE TO KEEP
MOVING FORWARD.”**

~Martin Luther King Jr.

Middle School Offered:

1. Milk 8 fl oz. 1% Fat Free or Fat Free Choc
2. 1.5 oz. Meat / Meat Alternative (weekly minimum 9—10)
3. 1/2 Cup Fruit
4. 1/2 Cup of Vegetables
5. Grains 8—10 week (51% Whole Grain)

All students may refuse 2 of the above but must take ATLEAST 1/2 cup of fruit / veggie equivalent.

		Wednesday, January 1	Thursday, January 2	Friday, January 3
		New Years Day CLOSED	<i>Chicken Teriyaki Green Beans Corn WG Rice Corn Muffin WG Sliced Peaches</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges</i>
Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
<i>Three Kings Day CLOSED</i>	<i>Chicken Sandwich WG Carrots Lettuce & Tomato Oranges Ketchup Packet</i>	<i>Mac & Cheese WG Garden Salad Apples Oranges Applesauce Cup</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges</i>	<i>Chicken Nuggets WG Smiley Fries Applesauce Cup Corn, Peas & Carrots Ketchup Packet</i>
Monday, January 13	Tuesday, January 14	Wednesday, January	Thursday, January 16	Friday, January 17
<i>Chicken Corn Dog WG Garden Salad Baked Beans Oranges Ketchup Packet</i>	<i>Cheeseburger /WG Roll Carrots Corn Oranges Ketchup Packet</i>	<i>Chicken Teriyaki Green Beans Corn WG Rice Corn Muffin WG Sliced Peaches</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges</i>	HALF DAY
Monday, January 20	Tuesday, January 21	Wednesday, January	Thursday, January 23	Friday, January 24
<i>Martin Luther King Jr. Day CLOSED</i>	<i>Chicken Taco WG Garbanzo Beans Corn Oranges Apples</i>	HALF DAY	HALF DAY	HALF DAY
Monday, January 27	Tuesday, January 28	Wednesday, January	Thursday, January 30	Friday, January 31
<i>Chicken Drumsticks Mashed Potatoes Gravy Whole Wheat Biscuit Corn Craisins</i>	<i>Cheeseburger /WG Roll Carrots Corn Oranges Ketchup Packet</i>	<i>Chicken Alfredo Pasta Broccoli Green Beans Sliced Peaches Applesauce Cup</i>	<i>Cheese Pizza WG Garden Salad Green Beans Apples Oranges</i>	<i>Chicken Nuggets WG Smiley Fries Applesauce Cup Corn, Peas & Carrots Ketchup Packet</i>

This institution is an equal opportunity provider.

Menu subject to change based on freshness, delivery, inclement weather and/or availability.