

# January

# 2018

## MIDWEST CENTRAL MIDDLE SCHOOL Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1  NO SCHOOL	2  NO SCHOOL	3  SALISBURY STEAK**  FRESH COLESLAW  FRUIT CHOICE	4  CHICKEN TENDERS**  FIESTA BEANS  FRUIT CHOICE	5  CHILI CHEESE FRIES**  GARDEN PEAS  FRUIT CHOICE
8  TACO BAKE  STEAMY BROCCOLI  FRUIT CHOICE	9  PIZZA QUESADILLA  CHEESY CAULIFLOWER  FRUIT CHOICE	10  LASAGNA**  SWEET CORN  FRUIT CHOICE	11  CHICKEN POT PIE  GARDEN PEAS  FRUIT CHOICE	12  WESTERN BBQ BURGER  FIESTA BEANS  FRUIT CHOICE
15  NO SCHOOL MARTIN LUTHER KING DAY	16  CORN DOG  GLAZED CARROTS  FRUIT CHOICE	17  *PEPPERONI CALZONE  GREEN BEANS  FRUIT CHOICE	18  CHICKEN CORDON BLEU**  STEAMY BROCCOLI  FRUIT CHOICE	19  PONY SHOE  SWEET CORN  FRUIT CHOICE
22  *BBQ RIB SANDWICH  GLAZED CARROTS  FRUIT CHOICE	23  MUSHROOM SWISS BURGER  CHEESY CAULIFLOWER  FRUIT CHOICE	24  EARLY DISMISSAL 11:30 AM  NO LUNCH SERVED	25  SWEET & SOUR CHICKEN  GREEN BEANS  FRUIT CHOICE	26  SPAGHETTI W/MEAT SAUCE**  BAKED BEANS  FRUIT CHOICE
29  TACO BAKE  STEAMY BROCCOLI  FRUIT CHOICE	30  PIZZA QUESADILLA  SWEET CORN  FRUIT CHOICE	31  ROTINI W/MEAT SAUCE**  SWEET CORN  FRUIT CHOICE	<p style="text-align: center;"><b>Lunch \$2.15</b> (Milk included with meal)</p> <p style="text-align: center;"><b>Milk 35¢</b></p> <p style="text-align: center;">Offered Daily: Fat Free Flavored Fat Free White 1% White</p>	

(\*) Contains Pork

(\*\*) Offered with Sliced Bread

**Farm Fresh Produce**  
featuring... **Blueberries**  
Did you know freezing blueberries and other produce helps to keep the nutrients inside?

**Monday**  
Chicken Nuggets\*\*  
**Tuesday**  
Tacos/Nachos  
**Wednesday**  
Fresh Deli Sub Sandwich  
**Thursday**  
Hot Dog  
**Friday**  
Homemade Pizza  
**Selection Available Daily**  
Fresh Salads\*\*  
Deli Sandwiches & Wraps  
Baked Chicken Sandwiches  
Juicy Burgers  
Pizza Variety  
Pretzels & Breadsticks W/ Cheese

**Fruit & Veggie Bar**  
Students may choose  
4 Vegetable Servings &  
2 Fruit Servings

**Need to top-up your child's account?**  
Send a check payable to **Midwest Central SD 191**  
OR  
Go online at [www.teacherease.com](http://www.teacherease.com) & log into your student's account

**Questions**  
Call Mary Hill  
Food Service Manager  
309-968-6464

Menu changes may be necessary. Notice will be given when possible.  
**A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.**

For more information or to "Ask the Dietitian", check out our website!

This institution is an equal opportunity employer.