

# MERIDIAN MIDDLE SCHOOL

USDA is an equal  
opportunity  
provider  
and employer.

## MENU FOR JANUARY 2018



Welcome Back!  
We hope you  
enjoyed your  
break!

	Breakfast	Lunch
Full Paid	\$1.75	\$3.00
Reduced K-3	No Charge	No Charge
Reduced 4-5	No Charge	.40
Free K-5	No Charge	No Charge

Online Deposits  
Meal Time Online  
at District Website

## Available Daily Garden Bar

Veggies offered may include:  
Carrots, Broccoli, Cucumbers,  
Celery, Mixed Greens

Fruit offered may include:  
Apples, Oranges  
Bananas, Peaches, Pears,  
Strawberries, Applesauce and  
Pineapple.

WG = Whole Grain



**Tuesday, January 2**

Spicy Chicken Burgers  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Wednesday, January 3**

Chicken Nuggets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Thursday, January 4**

Burger Bar  
Beef or Chicken on WG  
Bun & Baked Fries  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Friday, January 5**

French Toast Sticks  
Cheesy Omelets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Monday, January 8**

Nachos  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Tuesday, January 9**

Teriyaki Chicken & Rice  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Wednesday, January 10**

Chicken Nuggets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

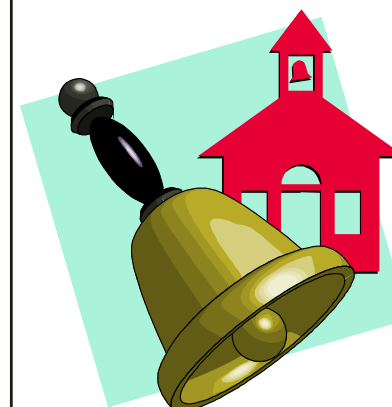
**Thursday, January 11**

Burger Bar  
Beef or Chicken on WG  
Bun & Baked Fries  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Friday, January 12**

Pizza Day!  
Ham & Pineapple  
Sausage and Olive  
Cheese or Pepperoni  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**You haven't missed  
the bell!**



We accept  
applications  
for free and  
reduced-price  
meals all year  
long.

**Martin Luther King Jr's  
Birthday**

**January 15  
No School**



**Tuesday, January 16**

BBQ Rib Hoagie  
Spicy Fries  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Wednesday, January 17**

Chicken Nuggets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Thursday, January 18**

Burger Bar  
Beef or Chicken on WG  
Bun & Baked Fries  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Friday, January 19**

Cheesy French Bread  
Tomato Soup  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

**Monday, January 22**

Nachos  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Tuesday, January 23**

Corn Dog  
Tator Tots  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Wednesday, January 24**

Chicken Nuggets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Thursday, January 25**

Pizza Day!  
Ham & Pineapple  
Sausage and Olive  
Cheese or Pepperoni  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Friday, January 26**



**No  
School  
Today**

We are pleased to provide  
**FREE AND  
REDUCED-PRICE  
MEALS**

for all students who qualify. It's  
simple to apply and we accept  
applications all year.  
Find one at the Meridian School  
District website in the Food Ser-  
vice Link or your child's school  
office.

**Monday, January 29**

Nachos  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Tuesday, January 30**

Mandarin Orange  
Chicken w/ Rice  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Wednesday, January 31**

Chicken Nuggets  
WG Pizza Bar  
Salads/Wraps  
Fruit Parfait  
Fruit & Veggie Bar  
1% White Milk  
Non-Fat Chocolate Milk

