



Tichenor Middle School LUNCH Menu

January 2019



Mon	Tue	Wed	Thu	Fri
<p><i>*Each Day Students are offered the following Options:</i> For Better Health Eat 5 servings of Fruits or Vegetables Daily</p>				
	1	2	3	4
<p>***Menu subject to change due to food availability</p> <p>USDA Nondiscrimination Statement This Institution is an Equal Opportunity Provider</p>	<p>Winter Break New Years' Day</p>	<p>Winter Break</p>	<p>Goldkist Chicken Nuggets w/ Roll Meatloaf w/ Roll</p> <p>Mash Potatoes/ Steamed Carrots/ Spinach/ Romaine Salad/Zucchini/ Cauliflower/ Cucumbers</p> <p>Applesauce Cups/ Banana</p> <p>1 % or FF white/ choc milk</p>	<p>4" Galaxy Cheese/ Pep Pizza Yogurt/Cheese Stick/ Bunny grah</p> <p>Corn/Roasted Potatoes/ Mixed Veggies/ Romaine Salad/ Celery/ Grape Tomatoes/ Grn Peppers</p> <p>Dragon Punch/Grapes</p> <p>1% or FF white/choc milk</p>
7	8	9	10	11
<p>Grilled Cheese 5.3oz PBJ</p> <p>Emoji Fries/ Tomato Soup/ Broccoli/ Romaine Salad/ Carrots/ Celery/ Zucchini</p> <p>Mandarin Oranges/ Apples</p> <p>1% or FF white/choc milk</p>	<p>Totally Taco Bites-3 Yogurt/ cheese stick/ bunny grah</p> <p>Black Beans/ Mexican Rice/ Cauliflower/ Romaine Salad/ Grn Peppers/ Nacho Fixings</p> <p>Mixed Fruit/ Raisins</p> <p>1% or FF white/choc milk</p>	<p>Lasagna w/ Garlic Brd Turkey Corn Dog Nuggets</p> <p>Green Beans/ Baked Potato/ Lima Beans/ Romaine Salad/ Grape Tomatoes/ Carrots/ Celery</p> <p>Diced Peaches/ Oranges</p> <p>1% or FF white/choc milk</p>	<p>JTM Beef & Noodles w/roll Ham & Cheese Calzone</p> <p>Mash Potatoes/ Steamed Carrots/ Spinach/ Romaine Salad/ Zucchini/ Cauliflower/ Cucumbers</p> <p>Pear Halves/ Banana</p> <p>1% or FF white/choc milk</p>	<p>BK for Lunch Egg/Sausage/biscuit 2.2oz Pretzels w/ JTM Cheese</p> <p>Corn/ Roasted Potatoes/ Mixed Veggies/ Romaine Salad/ Celery/ Grape Tomatoes/ Grn Peppers</p> <p>Wango Mango/ Honey Dew</p> <p>1% or FF white/choc milk</p>
14	15	16	17	18
<p>Hamburger on a bun 5.3oz PBJ</p> <p>Fries/ Broccoli/ Spinach/ Romaine Salad/ Carrots/ Celery/ Cucumbers</p> <p>Strawberry Cups/ Apples</p> <p>1% or FF white/choc milk</p>	<p>Doritos Loco Tacos Chicken/Cheese Quesadilla</p> <p>Pinto Beans/Mexican Rice/ Cauliflower/ Romaine Salad/ Grn Peppers/ Zucchini/ Carrots</p> <p>Mandarin Oranges/Raisins</p> <p>1% or FF white/choc milk</p>	<p>Meatball Hoagie on French Brd Turkey & Cheese on Hoagie bun</p> <p>Green Beans/ Baked Potato/ Lima Beans/ Romaine Salad/ Grape Tomatoes/ Carrots/ Celery</p> <p>Mixed Fruit/ Oranges</p> <p>1% or FF white/choc milk</p>	<p>Goldkist Chicken Patty Hot Ham & Cheese</p> <p>Mash Potatoes/ Steamed Carrots/ Spinach/ Romaine Salad/ Zucchini/ Cauliflower/ Cucumbers</p> <p>Applesauce Cups/ Banana</p> <p>1% or FF white/choc milk</p>	<p>No School In Service</p>
21	22	23	24	25
<p>No School MLK Holiday</p>	<p>JTM Pork Tacos (Chips/wraps) Turkey & Cheese on French Bread</p> <p>Refried Beans/ Mexican Rice/ Cauliflower/ Romaine Salad/ Cucumbers/ Taco Fixings</p> <p>Diced Peaches/ Raisins</p> <p>1% or FF white/choc milk</p>	<p>Chicken Alfredo w/ Garlic Brd McRib on a bun</p> <p>Green Beans/ Baked Potatoes/ Lima Beans/ Romaine Salad/ Grape Tomatoes/ Carrots/ Celery</p> <p>Applesauce Cups/Oranges</p> <p>1% or FF white/choc milk</p>	<p>Goldkist Chicken Tenders w/ roll Ham & Cheese Hoagie Bun</p> <p>Mash Potatoes/ Green Beans/ Steamed Carrots/ Romaine Salad/ Zucchini/ Cauliflower/ Cucumbers</p> <p>Mixed Fruit/ Banana</p> <p>1% or FF white/ choc milk</p>	<p>Pizza Crunchers 5.3oz PBJ</p> <p>Corn/ Roasted Potatoes/ Mixed Veggies/ Romaine Salad/ Celery/ Grape Tomatoes/ Grn Peppers</p> <p>Dragon Punch/ Grapes</p> <p>1% or FF white/ choc milk</p>
28	29	30	31	
<p>Chicken Patty on a bun 5.3oz PBJ</p> <p>Fries/ Baked Beans/ Broccoli/ Romaine Salad/ Carrots/ Burger Fixings</p> <p>Mixed Fruit/ Apples</p> <p>1% or FF white/Choc milk</p>	<p>Chicken Soft Taco Turkey & Cheese on French Bread</p> <p>Refried Beans/ Mexican Rice/ Cauliflower/ Romaine Salad/ Cucumbers/ Taco Fixings</p> <p>Diced Peaches/ Raisins</p> <p>1% or FF white/choc milk</p>	<p>Penne w/ meatballs & Garlic Brd Chicken Comdog</p> <p>Green Beans/Baked Potato/ Lima Beans/ Romaine Salad/ Grape Tomatoes/ Carrots/ Celery</p> <p>Pear Halves/ Orange Qtrs</p> <p>1% or FF white/ choc milk</p>	<p>Goldkist Chicken Nuggets w/ Roll Meatloaf w/ Roll</p> <p>Mash Potatoes/ Steamed Carrots/ Spinach/ Romaine Salad/Zucchini/ Cauliflower/ Cucumbers</p> <p>Applesauce Cups/ Banana</p> <p>1 % or FF white/ choc milk</p>	