

January 2025 Middle School



Did you Know ?

- Applications for free or reduced can be filled out anytime during the school year if approved you may receive other benefits.
- Applications are available on our district website or in all school offices.
- Breakfast is served daily at all schools.
- www.mymealtime.com for online deposits for student's accounts if needing student's ID# call Narlene VanBeek (360)354-7579

Available Daily

Choices May Include:

PBJ Pocket, Bagel Lunch
Yogurt Parfait, Bento Box
Variety Salads & Wraps

Garden Bar

Veggies offered may include:
Carrots, Broccoli, Celery,
Cauliflower, Cucumbers
Mixed Greens,
Corn & Bean Salsa

Fruit offered may include:

Peaches, Pears, Applesauce
Bananas, Apples, Oranges,
Strawberries

Monday, Jan 6

**Chicken Nuggets
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Tuesday, Jan 7

**Pasta Bar
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Wednesday, Jan 8

**Fiesta Bar
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Late Arrival

Thursday, Jan 9

**Spud Bowl
w/ WG Rolls
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Friday, Jan 10

**Hot Dogs
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Monday, Jan 13

**Corn Dog
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Tuesday, Jan 14

**Rice Bowl
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Wednesday, Jan 15

**Fiesta Bar
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Late Arrival

Thursday, Jan 16

**Spud Bowl
w/ WG Rolls
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Friday, Jan 17

**Brunch Lunch
Burger Bar
Sub Sandwich Bar**


Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk



Tuesday, Jan 20

NO SCHOOL

MARTIN LUTHER KING DAY



Tuesday, Jan 21

**Pasta Bar
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Wednesday, Jan 22

**Fiesta Bar
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk


Late Arrival

Thursday, Jan 23

**Spud Bowl
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk


Harvest of the Month



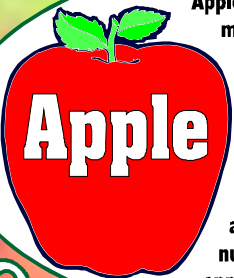
Friday, Jan 24

NO SCHOOL

Teacher Work Day



FRUIT



Apples are a member of the rose family! They supply lots of fiber, and aren't sticky, so they're sometimes called "nature's tooth brush." Fresh apples are much more nutritious than apple juice.

OF THE MONTH

Monday, Jan 27

**Chicken Nuggets
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Tuesday, Jan 28

**Rice Bowl
Pizza Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Wednesday, Jan 29

**Fiesta Bar
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Late Arrival

Thursday, Jan 30

**Spud Bowl
Pizza Bar
Sub Sandwich Bar**

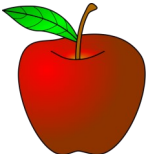
Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

Friday, Jan 31

**Chili
w/ Cinnamon Roll
Burger Bar
Sub Sandwich Bar**

Salads/Wraps
Fruit & Veggie Bar
1% White Milk
Non-Fat Choc Milk

**Harvest of the Month
January 23rd**



ZingerBug.com

Menu subject to change.
This is an equal opportunity institution

