

# MIDDLE SCHOOL



**LAMESA • Middle School • January 9 – March 15**

Menu is subject to change without notice and is based on availability and seasonality of food items.

Breakfast items are listed in orange italics. Lunch entrée choices are listed below in bold type. Sides are listed in italics below the calendar.

## BREAKFAST

Student *estudiantes* .....no charge

Faculty *facultad* ..... \$3.25

## LUNCH

Student *estudiantes* .....no charge

Faculty *facultad* ..... \$5.00

Check out the Daily Special for the Faculty/Staff.

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.

## EVERYDAY SIDES

(available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Banana • Broccoli fresh/steamed • Celery Sticks • Diced Peaches • Diced Pears • Emoji Potato Rounds • Golden Corn • Green Beans • Kickin' Pinto Beans • Mashed Potatoes • Mixed Fruit • Pear • Red Pepper Strips • Refried Beans • Romaine Side Salad • Sliced Tomatoes • Apple Juice • Fruit Juice • Orange Juice

**MILK** 1% White Milk  
Skim Chocolate Milk

EVERYDAY LUNCH OPTION:  
PB&J Sandwich



**MY SCHOOL BUCKS**  
ADD MONEY TO YOUR ACCOUNT:  
Online & Mobile app  
Convenient to monitor spending, add funds and more!



NATIONAL SCHOOL BREAKFAST WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JAN 8</b> <b>STUDENT HOLIDAY</b>	<b>JAN 9</b> <i>Cheesy Scrambled Eggs &amp; Sausage</i> Nacho Cheese Doritos Walkin' Taco Turkey & Cheese Sub Meatball & Mozza Sandwich	<b>JAN 10</b> <i>Sausage Biscuit</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll	<b>JAN 11</b> <i>Chocolate Crescent</i> Thai Chicken & Rice Bowl Meatball & Parmesan Melt Sub Turkey & Cheese Sub	<b>JAN 12</b> <i>Mini CinnaCrunch Bagel</i> BuffChicken Mac & Cheese w/Parm&BlkPepper Flatbread Chicken Tenders & Roll Popcorn Chicken & Cheese Salad w/Roll
<b>JAN 15</b> <b>SCHOOL HOLIDAY</b>	<b>JAN 16</b> <i>Banana Muffin</i> Buffalo Chicken & Fries Bowl w/Roll Chicken Nuggets & Roll Grilled Cheese Turkey Barbarcoa-Birria	<b>JAN 17</b> <i>Powdered Sugar Donut</i> Chili & Cheese Baked Potato & Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<b>JAN 18</b> <i>Breakfast Sausage Pizza</i> Waffle & Syrup w/Sausage Links Mini Corn Dogs Ham, Turkey & Swiss Cheese Sub	<b>JAN 19</b> <i>Maple Sausage Pancake Wrap on a stick</i> Meatball Pizza Melt Sub Popcorn Chicken & Cheese Salad w/Roll
<b>JAN 22</b> <i>Trix Cereal Bowl</i> Fish Melt Sandwich Chicken Nuggets & Roll Chicken Nacho Salad w/Roll	<b>JAN 23</b> <i>Mini Cinnamon Rolls</i> Cheese Enchilada & Spanish Rice Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt	<b>JAN 24</b> <i>Country Chicken Biscuit</i> Nacho Cheese Doritos Walkin' Taco Ham & Mozzarella Salad w/Roll	<b>JAN 25</b> <i>Mini Blueberry Waffles</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Ham & Cheese Sub	<b>JAN 26</b> <i>Blueberry Muffin</i> <b>EARLY RELEASE</b>
<b>JAN 29</b> <i>Cheesy Scrambled Eggs w/Bacon &amp; Toast</i> Chicken Fried Steak Chicken Tenders & Breadstick Chicken Nacho Salad & Roll	<b>JAN 30</b> <i>ChocChip Choc Muffin</i> Chicken Alfredo Penne Pasta Bake Grilled Cheese Asian Chicken Wrap Ham & Cheese Sub	<b>JAN 31</b> <i>Egg &amp; Sausage Biscuit</i> Chicken Dumpling & Egg-Fried Rice Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<b>FEB 1</b> <i>Apple Frudel</i> French Toast Sticks w/Syrup & Sausage Chicken Nuggets & Roll Ham & Cheese Sandwich	<b>FEB 2</b> <i>Cocoa Puffs Cereal</i> Beef & Cheese Totos w/Roll Chicken Nacho Salad & Roll
<b>FEB 5</b> <i>Cheesy Scrambled Eggs w/Bacon &amp; Toast</i> Salisbury Steak & Gravy w/Roll Chili Dog Ham & Mozzarella Salad w/Roll	<b>FEB 6</b> <i>Maple Madness Waffle</i> Cheese Enchilada & Spanish Rice Philly Cheesesteak Melt Turkey BaBoom Sub	<b>FEB 7</b> <i>CinnaToast Crunch Cereal Bowl</i> Country PopChicken & Mashed Potato Bowl w/Roll Chicken Tenders & Roll Turkey Chef Salad & Roll Ham & Cheese Sandwich	<b>FEB 8</b> <i>Maple Sausage Pancake Wrap on a stick</i> BBQ Chicken Sandwich Corn Dog Ham, Turkey & Swiss Cheese Sub	<b>FEB 9</b> <i>Pumpkin Spice Donut Holes</i> Cheesy Penne Pasta Grilled Cheese Popcorn Chicken & Cheese Salad w/Roll
<b>FEB 12</b> <b>STUDENT HOLIDAY</b>	<b>FEB 13</b> <i>Cheesy Scrambled Eggs &amp; Sausage</i> Nacho Cheese Doritos Walkin' Taco Turkey & Cheese Sub Meatball & Mozza Sandwich Thai Shrimp Noodle Bowl	<b>FEB 14</b> <i>Sausage Biscuit</i> Chicken Alfredo Penne Pasta Bake & Garlic Toast Grilled Cheese Chicken Nacho Salad & Roll Special treat for friends eating a school lunch today!	<b>FEB 15</b> <i>Chocolate Crescent</i> Thai Chicken & Rice Bowl Meatball & Parmesan Melt Sub Turkey & Cheese Sub	<b>FEB 16</b> Breakfast & Lunch ALL STUDENTS pick-up 10A-12NOON at either Middle or High School REMOTE CONTACT DAY
<b>FEB 19</b> <b>SCHOOL HOLIDAY</b>	<b>FEB 20</b> <i>Banana Muffin</i> Buffalo Chicken & Fries Bowl w/Roll Chicken Nuggets & Roll Grilled Cheese	<b>FEB 21</b> <i>Powdered Sugar Donut</i> Chili & Cheese Baked Potato & Roll Turkey & Provolone Wrap Chicken Nacho Salad w/Roll	<b>FEB 22</b> <i>Breakfast Sausage Pizza</i> Waffle & Syrup w/Sausage Links Chili! Ham, Turkey & Swiss Cheese Sub	<b>FEB 23</b> <i>Maple Sausage Pancake Wrap on a stick</i> Meatball Pizza Melt Sub Popcorn Chicken & Cheese Salad w/Roll
<b>FEB 26</b> <i>Trix Cereal Bowl</i> Fish Melt Sandwich Chicken Nuggets & Roll Chicken Nacho Salad w/Roll	<b>FEB 27</b> <i>Mini Cinnamon Rolls</i> Cheese Enchilada & Spanish Rice Pizza Maxx Sticks & Marinara Philly Cheesesteak Sub Melt	<b>FEB 28</b> <i>Country Chicken Biscuit</i> Nacho Cheese Doritos Walkin' Taco Ham & Mozzarella Salad w/Roll <b>PARENT CONFERENCES</b>	<b>FEB 29</b> <i>Mini Blueberry Waffles</i> Country Popcorn Chicken & Mashed Potato Bowl w/Roll BBQ Pork Riblet Sandwich Ham & Cheese Sub	<b>MAR 1</b> <i>Blueberry Muffin</i> Buffalo Chicken Nuggets & Celery Sticks w/Roll Grilled Cheese PopChicken & Cheese Salad w/Roll
<b>MAR 4</b> <i>Cheesy Scrambled Eggs w/Bacon &amp; Toast</i> Chicken Fried Steak Chicken Tenders & Breadstick Chicken Nacho Salad & Roll	<b>MAR 5</b> <i>ChocChip Choc Muffin</i> Chicken Alfredo Penne Pasta Bake Grilled Cheese Asian Chicken Wrap Ham & Cheese Sub	<b>MAR 6</b> <i>Egg &amp; Sausage Biscuit</i> Chicken Dumpling & Egg-Fried Rice Turkey & Cheese Sub Popcorn Chicken Salad & Roll	<b>MAR 7</b> <i>Apple Frudel</i> French Toast Sticks w/Syrup & Sausage Chicken Nuggets & Roll Ham & Cheese Sandwich	<b>MAR 8</b> <i>Cocoa Puffs Cereal</i> <b>EARLY RELEASE</b>

**March 11-15 • SPRING BREAK! | Have fun, be safe, see you in a week!**

## MIDDLE SCHOOL • MORE CHOICES • MADE-TO-ORDER • EVERYDAY

GRILL	Breaded Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Breaded Chicken Sandwich Hamburger/Cheeseburger	Spicy Chicken Sandwich Hamburger/Cheeseburger	Breaded Chicken Sandwich Hamburger/Cheeseburger
SPECIALTY	Pizza: Cheese/Pepperoni	MEXICAN FOOD BAR featured entrée rotates each week: quesadilla, tacos, burrito, taco-to-go	Pizza: Cheese/Pepperoni	NACHO BAR	Pizza: Cheese/Specialty Slice

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

**aramark**  
STUDENT NUTRITION