

FUEL ZONE CAFE

MIDDLE SCHOOL Lunch Menu

JANUARY 2019

Serving 3 Entrée Choices every day
Which include one rotating item, an alternate entrée and
A daily salad special, plus a choice of white, or fat free
chocolate or strawberry milk

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7
Turkey Tacos
Lettuce & Tomatoes
-or-
Homemade Mac & Cheese
Dinner Roll
Pinto Beans
Mangos

8
Chicken Philly Hoagie
-or-
Beef Burrito w/Salsa & Lettuce
Sweet Corn
Baked Fries
Mixed Fruit

9
Creamy Chicken Alfredo
-or-
Crispy Chicken Sandwich
Steamed Green Beans
Tossed Salad
Green Apple

10
Baked Potato w/Chili
Dinner Roll
-or-
Beef Sloppy Joe
Mixed Veggies
Sliced Peaches

11
Baked Chicken Legs
Brown Rice
Dinner Roll
-or-
Ham & Cheese Hoagie
Sweet Peas
Steamed Carrots
Mandarin Oranges

14
Baked Mostaccioli
-or-
Grilled Cheese
Sweet Corn
Fresh Broccoli Trees
Fresh Grapes

15
Pepperoni Pizza
-or-
Cheeseburger on Wheat Bun
Garden Salad
Steamed Green Beans
Diced Peas

16
BBQ Meatball Hoagie
-or-
Crisp Chicken Patty on WG Bun
Fresh Baby Carrots
Fresh Apple

17
Sweet & Sour Chicken
Brown Rice
-or-
Homemade Chili
Kidney Beans
Corn Muffin
Orange Glazed Carrots
Fresh Broccoli Trees
Tropical Fruit

18
Jerk Chicken Drummie
Brown Rice
Dinner Roll
-or-
Turkey Ham on Wheat
Lettuce & Tomatoes
Red Kidney Beans
Fresh Pear

21

**No school
Martin Luther King's
Birthday**

22
BBQ Pulled Chicken Sandwich
-or-
Hot Ham & Cheese
Sweet Potato Fries
Sweet Corn Cobette
Diced Peaches

23
Roasted Turkey w/Gravy
Dinner Roll
Mashed Potatoes
-or-
Tuna Melt
Crunchy Baby Carrots
Mixed Fruit

24
Cheesy Beef Nachos
Salsa
-or-
Turkey Ham & Cheese Wrap
Refried Beans
Fresh Orange

25
Beef Hotdog
-or-
Chicken Caesar Wrap
Potato Wedges
Crisp Garden Salad
Pineapple Tidbits

28
Homemade Mac & Cheese
Dinner Roll
-or-
Sloppy Joe
Steamed Peas
Cherry Tomatoes
Sliced Peaches

29
Crispy Chicken Bowl
Mashed Potato
-or-
Tasty Hot Turkey Sandwich
Fresh Broccoli
Tropical Fruit

30
Cheese Pizza
-or-
Turkey & Cheese Hoagie
Lettuce & Tomato
Fresh Garden Salad
Fresh Green Apple

31
Soft Shell Tacos
Lettuce & Tomatoes
Mexi-Corn
-or-
Chicken Fried Rice
Pinto Beans
Fresh Pear

**All students
are entitled
to free lunch
daily.**



For questions and comments, please email the Food Service Director at Dolton@aviands.com or call 708-868-7586

ELIOR NORTH AMERICA

This institution is an equal opportunity provider.