

# Middle School Lunch

JACKSON R-2 SCHOOLS

## January 2019

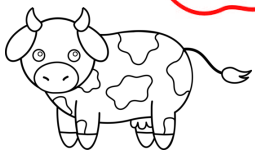


**Let Nutrition  
Fuel your  
Success!**

Food and Nutrition  
Services  
(573) 243-9597  
**Liz Aufdenberg**  
Food Service Director  
**Gloria Stoverink, RD, LD**  
Nutrition Coordinator

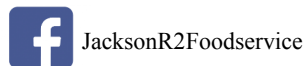
Cost: \$2.60 Full, \$.40 reduced,  
or Free (if qualify)

Offered Daily



Chocolate Milk (Skim)  
Strawberry Milk (Skim)  
1% White Milk  
Skim White

All tray must  
include 3 items  
and 1 **must be**  
Fruit/vegetable.



Mon	Tue	Wed	Thu	Fri
<p>★ Exercise 30 min/day <b>New Years Resolutions for 2019</b> Watch Less TV ★</p> <p>★ Make Your Bed Daily ★ Quit Soda ★ Read More Books ★ Meet New People ★ Volunteer</p> <p>★ Walk 1,000 More Steps/day ★ Learn To Cook</p>				
7 <b>Mozzarella Cheese Stick w/ Marinara</b> Chicken Patty Sandwich <i>Steamed Broccoli Sweet Potato Fries</i>	8 <b>Chicken Noodle Soup w/ Grilled Cheese</b> Corn Dog <i>California Vegetables Cinnamon Apples</i>	9 <b>Spaghetti &amp; Meat Sauce w/ Texas Toast</b> BBQ Pork Sandwich <i>Sweet Green Peas</i>	10 <b>Chicken Nuggets</b> Sloppy Joe <i>Mac n' Cheese Baked Beans</i>	11 <b>Cheese/ Buffalo Chicken Pizza</b> <i>Sweet Corn Fudge Brownie</i>
14 <b>French Toast Sausage Link Hamburger</b> <i>Potato Smiles Fruit &amp; Yogurt Parfait</i>	15 <b>Taco Salad Bean &amp; Cheese Burrito</b> <i>Cheesy Refried Beans</i>	16 <b>Pepperoni Pasta w/ Breadstick</b> Hot Dog <i>Green Peas Monster Bar</i>	17 <b>Western Steak Hot Ham &amp; Cheese</b> <i>Mashed Potatoes Hot Roll Seasoned Green Beans</i>	18 <b>Hawaiian/ Pepperoni Pizza</b> <i>Orange Glazed Carrots</i>
21 <b>MARTIN LUTHER KING JR. DAY</b>	22 <b>Cheese Nachos</b> Chili + Grilled Cheese Sandwich <i>Tater Tots Chocolate Chip Cookie</i>	23 <b>Beefy Mac n' Cheese</b> Chicken Nuggets <i>Caesar Salad</i>	24 <b>Roasted Chicken Turkey Bacon Ciabatta</b> <i>Green Beans &amp; Roll Scalloped Potatoes</i>	25 <b>Sausage/ Chicken Alfredo Pizza</b> <i>French Fries Pudding</i>
28 <b>Croissant Breakfast Sandwich</b> Cheeseburger <i>Potato Smiles Rocky Road Fluff</i>	29 <b>Crispitos</b> Pig in a Blanket <i>Texas Caviar + Chips</i>	30 <b>Ravioli w/ Breadstick</b> BBQ Rib Sandwich <i>Steamed Broccoli Chocolate Chex Treat</i>	31 <b>Chicken Pattie w/ Gravy</b> BLT Wrap <i>Hot Roll Mashed Potatoes Seasoned Green Beans</i>	<p><b>Milk Mustache Dash</b></p> <p>SAVE THE DATE April 13, 2019</p>

This institution is an equal opportunity provider.

\* Indicates second entrée choice