

MIDDLE SCHOOL BREAKFAST AND LUNCH MENU
January 2024

2023-2024 MIDDLE SCHOOL MEAL PRICES:

- MIDDLE SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00
- MIDDLE SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00
- REDUCED STUDENT BREAKFAST: FREE // REDUCED STUDENT LUNCH: \$0.40

BREAKFAST AND LUNCH CALENDAR

JAN. 1

- NO SCHOOL

JAN. 2

- NO SCHOOL

JAN. 3

- NO SCHOOL

JAN. 4

- NO SCHOOL

JAN. 5

- NO SCHOOL

JAN. 8

- Breakfast: French Toast Sticks
- Lunch: Breaded Chicken Sandwich or Steak Fingers

JAN. 9

- Breakfast: Chocolate Chip Waffle
- Lunch: BBQ Chicken Salad or Burrito Bowls

JAN. 10

- Breakfast: Cranberry Orange Muffin
- Lunch: BBQ Chicken Salad or Crispy Chicken Tacos

JAN. 11

- Breakfast: Turkey, Ham & Cheese Croissant
- Lunch: BBQ Chicken Salad, Homestyle Chicken Tenders or Macaroni & Cheese

JAN. 12

- Breakfast: Cinnamon Roll
- Lunch: Chili Cheese Dog or Spicy Chicken Tender

JAN. 15

- NO SCHOOL

JAN. 16

- Breakfast: Sausage & Cheese Biscuit
- Lunch: BBQ Chicken Salad or Burrito Bowls

JAN. 17

- Breakfast: Chocolate Chip Waffle
- Lunch: BBQ Chicken Salad, Spicy Chicken Sandwich, or Sweet & Sour Chicken

JAN. 18

- Breakfast: Breakfast Tacos
- Lunch: BBQ Chicken Salad, Corndog or Homestyle Chicken Sandwich

JAN. 19

- Breakfast: Cinnamon Roll
- Lunch: Meatball Sub or Spicy Chicken Tenders

JAN. 22

- Breakfast: French Toast Sticks
- Lunch: Corndog or Spicy Chicken Sandwich

JAN. 23

- Breakfast: Chocolate Chip Waffle
- Lunch: BBQ Chicken Salad or Burrito Bowl

JAN. 24

- Breakfast: Cranberry Orange Muffin
- Lunch: BBQ Chicken Salad, Spaghetti & Meat sauce or Spicy Chicken Sandwich

JAN. 25

- Breakfast: Turkey, Ham & Cheese Croissant
- Lunch: BBQ Chicken Salad or Nachos (Beef is optional)

JAN. 26

- Breakfast: Cinnamon Roll
- Lunch: Cheese Enchiladas or Spicy Chicken Tenders

JAN. 29

- Breakfast: Mini Pancake
- Lunch: Corndog or Spicy Chicken Sandwich

JAN. 30

- Breakfast: Sausage & Cheese Biscuit
- Lunch: BBQ Chicken Salad or Burrito Bowl

JAN. 31

- Breakfast: Breakfast Pizza
- Lunch: BBQ Chicken Salad, Sweet & Sour Chicken or Chicken & Vegetable Pot Stickers

FEB. 1

- Breakfast: Turkey, Ham & Cheese Croissant
- Lunch: House Entrée Salad or Nachos (Beef is optional)

FEB. 2

- Breakfast: Cinnamon Roll
- Lunch: Chili & Cheese Baked Potato or Homestyle Chicken Tenders

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food.

Menus also available at Schoolcafe.com

Nutrient Analysis Information can be found at <https://www.cfisd.net/Page/3593>

BREAKFAST INFORMATION

Complete breakfast includes choice of one entrée; two fruits or one fruit and juice; 1% white or fat-free chocolate

milk.

Daily breakfast features: Yogurt and Rockin' ola Granola; Whole Grain Cereal (not available at some schools);

Oatmeal Bar; 100% fruit juice and 1% white or fat-free chocolate milk.

LUNCH INFORMATION

Complete Lunch Includes: choice of entrée; two fruits; two vegetables and 1% white or fat-free chocolate milk.

Weekly Lunch Entrées:

- Monday - Friday: Cheese or Pepperoni Pizza

Weekly Entrée Salads

- Tuesday, Wednesday and Thursday: BBQ Chicken Salad