

# Laconia Middle School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
All meals served with choice of skim, 1% or fat-free flavored milk.  USDA is an equal opportunity provider and employer.	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		<i>Alternates: Popcorn Chicken Salad or Turkey BLT Wrap</i>		
		Chicken tenders Dipping sauces Tater tots Veggies & dip Choice of fruit	Cheeseburger Whole grain bun Lettuce, tomato, pickle Baked chips Baked beans Choice of fruit	Gill's pizza Veggies & dip Juice Choice of fruit
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<i>Alternates: Chicken Caesar Salad or Ham &amp; Swiss</i>				
Fish sandwich Tartar sauce Lettuce tomato, pickle Cole slaw Green beans Choice of fruit	Macaroni & cheese Side salad Whole grain roll Baked beans Choice of fruit	Ham & cheese sandwich Corn chowder Veggies & dip Choice of fruit	Chicken burger Whole grain bun Lettuce, tomato, pickle Baked chips Choice of fruit	French bread pizza Caesar salad Frozen fruit cup Choice of fruit
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<i>Alternates: Taco Salad or Bagel Snack Pack</i>				
Spaghetti & meatballs Texas toast Side salad Choice of fruit	Chicken mashed potato bowl Corn Whole grain roll Choice of fruit	Turkey on a bulgie Cream of broccoli soup Veggies & dip Choice of fruit	Chili in a Cornbread bowl Cheese, sour cream, olives Side salad Choice of fruit	Galaxy pizza Side salad Juice Choice of fruit
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	<i>Alternates: Greek Salad or Tuna Wrap</i>			
	Chicken snack wrap Lettuce, tomato, Cheese, Ranch dressing Baked chips Choice of fruit	Breakfast sandwich Potato patty Baked beans Choice of fruit	Bosco sticks Dipping sauce Caesar salad Frozen fruit cup Choice of fruit	
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<i>Alternates: Mexican Chicken Salad or Roast Beef Bulkie</i>				
Beef & cheese nachos Beans & rice Lettuce, tomato Cheese, sour cream Jalapeno Choice of fruit	Grilled cheese Tomato soup Veggies & dip Choice of fruit	Chicken fajitas Onion, peppers Rice & beans Salsa, sour cream Choice of fruit	General Gau chicken Broccoli Brown rice Choice of fruit	Free after school snacks and suppers available to all students participating in PM activities sponsored by:  

Breakfast
<b>Mondays</b>
Scrambled Eggs Sausage Links Whole Grain Biscuit Fruit or Juice Milk
<b>Tuesdays</b>
Fresh Baked Muffin or Assorted Benefit Bar Hard Boiled Egg Fruit or Juice Milk
<b>Wednesdays</b>
Fruit & Yogurt Parfait Homemade Granola Whole Grain Bagel Fruit or Juice Milk
<b>Thursdays</b>
French Toast or Pancakes Bacon or Sausage Fruit or Juice Milk
<b>Fridays</b>
Breakfast Sandwich or Scrambled Egg Wrap Fruit or Juice Milk
All breakfasts served with fresh or chilled fruit, juice and choice of milk. Homemade granola, yogurt and cereal available daily.
<u>Meal Prices:</u>  Lunch: \$3.25, Reduced \$.40, Adult \$3.50 Breakfast: \$2.00, Reduced \$.30, Adult \$2.50 Cold Lunch Milk \$.50