

Virginia Beach City Public Schools Food Service Office

**January 2018 Middle Lunch Menu**

Lunch Prices: Full Price \$2.85, Reduced \$0.30, Free is no charge

Menus items are subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;"><b>Last Day of Winter Break</b></p>	<p>2</p> <p style="text-align: center;"><u>Choice of One</u> Domino's Pizza Chicken Breast Filet on Bun Pasta w/ Meatballs and Garlic Bread Stick 8oz Yogurt and Breadsticks Fresh Olive Garden-Style Salad and Garlic Bread Sticks</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Fresh Roasted Squash Fresh Baby Carrots Fresh Steamed Spinach</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Pears Fresh Fruit</p>	<p>3</p> <p style="text-align: center;"><u>Choice of One</u> Cheeseburger on Bun Wing Wednesday (Chicken Wings and Roll) Tuna Salad on Sub 8oz Yogurt and Crunch Mania Graham Snacks PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Baked Sidewinders Sriracha Beans</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Peaches Fresh Fruit</p>	<p>4</p> <p style="text-align: center;"><u>Choice of One</u> Corn Dog Nuggets Turkey Sub Stuffed Crust Pizza Fruit and Yogurt Parfait and Roll Fresh Chicken Caesar Salad and Flatbread Chicken Caesar Wrap</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Roasted Baby Potatoes Fresh Broccoli Salad Green Peas Red Gold Marinara Sauce</p> <p style="text-align: center;"><u>Choice of One</u> Fruit Crisp Chilled Pineapples Fresh Fruit</p>	<p>5</p> <p style="text-align: center;"><u>Choice of One</u> Primo Pizza Fish Fillet w/ Cheese on Bun Pork Barbeque on Bun 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Shoestring Fries Fresh Cole Slaw Fresh Steamed Broccoli</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Mixed Fruit Fresh Fruit</p>
<p>8</p> <p style="text-align: center;"><u>Choice of One</u> Stuffed Crust Pizza Chicken Breast Filet on Bun Ham and Cheese Sub 8oz Yogurt and Rolls PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Shoestring Fries Fresh Steamed California Blend Vegetables</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Pears Fresh Fruit</p>	<p>9</p> <p style="text-align: center;"><u>Choice of One</u> Domino's Pizza Chicken Tenders and Waffle 8oz Yogurt and Breadsticks Fresh Olive Garden-Style Salad and Garlic Bread Sticks</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Fresh Veggie Cup Baked Seasoned Spirals Fresh Green Beans</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Pineapples Baked Apples Fresh Fruit</p>	<p>10</p> <p style="text-align: center;"><u>Choice of One</u> Cheeseburger on Bun Tuna Salad on Croissant Cheese-Filled Bread Sticks 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Baked Sidewinders BBQ Baked Beans Red Gold Marinara Sauce</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Applesauce Fresh Fruit</p>	<p>11</p> <p style="text-align: center;"><u>Choice of One</u> Nachos (Taco Meat, Cheese Cup, Chips) Buffalo Chicken Wrap El Monterey Chicken Soft Taco and Rice Fruit and Yogurt Parfait and Roll Fresh Taco Salad</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Lettuce and Tomato Cup Corn Refried Beans Red Gold Salsa</p> <p style="text-align: center;"><u>Choice of One</u> Fruited Gelatin Fresh Fruit</p>	<p>12</p> <p style="text-align: center;"><u>Choice of One</u> Chicken Nuggets and Roll Mama Rosa's 5" Pizza Fish Fillet w/ Cheese on Bun 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p style="text-align: center;"><u>Choice of Two</u> Fresh Side Salad Shoestring Fries Fresh Veggie Cup Green Peas Fresh Cole Slaw</p> <p style="text-align: center;"><u>Choice of One</u> Chilled Peaches Fresh Fruit</p>

**Choice of milk served: Low fat White, Nonfat White. Nonfat Chocolate, Nonfat Strawberry**

**WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS**

A job in your child's school cafeteria allows you to be a home when your family needs you there. Call 757-263-1101 for more information!

Revised January 17, 2018

<p>15</p> <p><b>Martin Luther King Day</b></p> <p><b>Schools Closed</b></p>	<p>16</p> <p><b>Choice of One</b> Domino's Pizza Chicken Breast Filet on Bun Pasta w/ Meatballs and Garlic Bread Stick 8oz Yogurt and Breadsticks Fresh Olive Garden-Style Salad and Garlic Bread Sticks</p> <p><b>Choice of Two</b> Fresh Side Salad Fresh Roasted Squash Fresh Baby Carrots Fresh Steamed Spinach</p> <p><b>Choice of One</b> Chilled Pears Fresh Fruit</p>	<p>17</p> <p><b>Choice of One</b> Cheeseburger on Bun Wing Wednesday (Chicken Wings and Rolls) Tuna Salad on Sub 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Baked Sidewinders Sriracha Beans</p> <p><b>Choice of One</b> Chilled Peaches Fresh Fruit</p>	<p>18</p> <p><b>Choice of One</b> Corn Dog Nuggets Turkey Sub Stuffed Crust Pizza Fruit and Yogurt Parfait and Roll Fresh Chicken Caesar Salad and Flatbread Chicken Caesar Wrap</p> <p><b>Choice of Two</b> Fresh Side Salad Roasted Baby Potatoes Fresh Broccoli Salad Green Peas Red Gold Marinara Sauce</p> <p><b>Choice of One</b> Fruit Crisp Chilled Pineapples Fresh Fruit</p>	<p>19</p> <p><b>Choice of One</b> Primo Pizza Fish Fillet w/ Cheese on Bun Pork Barbeque on Bun 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Shoestring Fries Fresh Cole Slaw Fresh Steamed Broccoli</p> <p><b>Choice of One</b> Chilled Mixed Fruit Fresh Fruit</p>
<p>22</p> <p><b>Choice of One</b> Stuffed Crust Pizza Chicken Breast Filet on Bun Ham and Cheese Sub 8oz Yogurt and Rolls PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Shoestring Fries Fresh Steamed California Blend Vegetables</p> <p><b>Choice of One</b> Chilled Pears Fresh Fruit</p>	<p>23</p> <p><b>Choice of One</b> Domino's Pizza Chicken Tenders and Waffle 8oz Yogurt and Breadsticks Fresh Olive Garden Style Salad and Garlic Bread Sticks</p> <p><b>Choice of Two</b> Fresh Side Salad Fresh Veggie Cup Baked Seasoned Spirals Fresh Green Beans</p> <p><b>Choice of One</b> Chilled Pineapples Baked Apples Fresh Fruit</p>	<p>24</p> <p><b>Choice of One</b> Cheeseburger on Bun Tuna Salad on Croissant Cheese-Filled Bread Sticks 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Baked Sidewinders BBQ Baked Beans Red Gold Marinara Sauce</p> <p><b>Choice of One</b> Chilled Applesauce Fresh Fruit</p>	<p>25</p> <p><b>Choice of One</b> Nachos (Taco Meat, Cheese Cup, Chips) Buffalo Chicken Wrap El Monterey Chicken Soft Taco and Rice Fruit and Yogurt Parfait and Roll Fresh Taco Salad</p> <p><b>Choice of Two</b> Fresh Lettuce and Tomato Cup Corn Refried Beans Red Gold Salsa</p> <p><b>Choice of One</b> Fruited Gelatin Fresh Fruit</p>	<p>26</p> <p><b>Choice of One</b> Chicken Nuggets and Roll Mama Rosa's 5" Pizza Fish Fillet w/ Cheese on Bun 8oz Yogurt and Crunch Mania Graham Snacks PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Shoestring Fries Fresh Veggie Cup Green Peas Fresh Cole Slaw</p> <p><b>Choice of One</b> Chilled Peaches Fresh Fruit</p>
<p>29</p> <p><b>Choice of One</b> Yang's Mandarin Orange Chicken w/ Rice and Roll Land O Lakes Macaroni &amp; Cheese and Roll 8oz Yogurt and Rolls PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Shoestring Fries Fresh Corn on Cob Green Beans</p> <p><b>Choice of One</b> Chilled Applesauce Fresh Fruit</p>	<p>30</p> <p><b>Choice of One</b> Domino's Pizza Chicken Breast Filet on Bun Pasta w/ Meatballs and Garlic Bread Stick 8oz Yogurt and Breadsticks Fresh Olive Garden-Style Salad and Garlic Bread Sticks</p> <p><b>Choice of Two</b> Fresh Side Salad Fresh Roasted Squash Fresh Baby Carrots Fresh Steamed Spinach</p> <p><b>Choice of One</b> Chilled Pears Fresh Fruit</p>	<p>31</p> <p><b>Choice of One</b> Cheeseburger on Bun Wing Wednesday (Chicken Wings and Rolls) Tuna Salad on Sub 8oz Yogurt and Crunch Mania PB &amp; J Sandwich Fresh Chef Salad and Flatbread</p> <p><b>Choice of Two</b> Fresh Side Salad Baked Sidewinders Sriracha Beans</p> <p><b>Choice of One</b> Chilled Peaches Fresh Fruit</p>		

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