

# TRSD Middle School

Jan 7th - Jan 11th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.  
Menu is subject to change.



**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Everyday Choice

*Bagel w/ Cream Cheese  
Grab & Go Breakfast*



<b>MONDAY</b>	French Toast Sticks w/ Sausage Patty Ham & Cheese on English Muffin	<b>V</b>
<b>TUESDAY</b>	Fruit Muffin Sausage & Cheese Biscuit	<b>V</b>
<b>WEDNESDAY</b>	Waffle bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	<b>V</b>
<b>THURSDAY</b>	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	<b>V</b>
<b>FRIDAY</b>	Cinnamon Rolls/ Ham & Cheese on English Muffin	<b>V</b>

## Daily Special

*1/9/19-National Soup Month!*



<b>MONDAY</b>	Chicken Nuggets w/ Breadstick & Mixed Garden Vegetables	<b>V</b>
<b>TUESDAY</b>	Nachos (bean/chicken/beef)	<b>V</b>
<b>WEDNESDAY</b>	Grilled Cheese w/ Warm Tomato Soup	<b>V</b>
<b>THURSDAY</b>	Popcorn Chicken w/ Cheesy Mashed Potatoes and WW Roll	<b>V</b>
<b>FRIDAY</b>	Macaroni & Queso Blanco Pizza	<b>V</b>



## Daily Special

<b>MONDAY</b>	Turkey & Cheese Sub/ Chef's Salad
<b>TUESDAY</b>	Ham & Cheese Sub/ Spicy Chicken Salad
<b>WEDNESDAY</b>	Italian Sub/ Chicken Caesar Salad
<b>THURSDAY</b>	American Sub/ Taco Salad
<b>FRIDAY</b>	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



## This Week's Feature:



Cheeseburger/Hamburger-offered daily  
Spicy Chicken Sandwich-offered daily  
Chicken Patty Sandwich-offered daily  
Sunflower Butter & Jelly Sandwich-(V) -offered daily  
Hot/Cold Cheese Sandwich- (V)-offered daily  
Deli Bar-Build Your Own

Menu available online\*

- V Vegetarian**
- SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*

Nutrition Information is available upon request.



# TRSD Middle School

## Jan 14th - Jan 18th

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**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Everyday Choice

*Bagel w/ Cream Cheese  
Grab & Go Breakfast*



<b>MONDAY</b>	Pancake & Sausage Breakfast on a Stick w/ Syrup Ham & Cheese on English Muffin	
<b>TUESDAY</b>	Ham & Cheese Breakfast Burrito w/ Salsa Sausage & Cheese Biscuit	
<b>WEDNESDAY</b>	French Toast Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	<b>V</b>
<b>THURSDAY</b>	WG Pancakes w/ Syrup Sausage & Cheese Biscuit	<b>V</b>
<b>FRIDAY</b>	Cinnamon Rolls/ Ham & Cheese on English Muffin	<b>V</b>

### Daily Special

*1/16/19-national Hot & Spicy Day!*



<b>MONDAY</b>	Bean & Cheese Enchilada w/ Roasted Corn	<b>V</b>
<b>TUESDAY</b>	Quesadilla (cheese/chicken/beef)	<b>V</b>
<b>WEDNESDAY</b>	Alaskan Fish & Chips w/ Bean & Corn Salad	
<b>THURSDAY</b>	Turkey Gravy w/ Mashed Potatoes & WW Roll	
<b>FRIDAY</b>	Spaghetti & Meat Sauce Pizza w/ Caesar Salad	<b>V</b>



### Daily Special

<b>MONDAY</b>	Turkey & Cheese Sub/ Chef's Salad
<b>TUESDAY</b>	Ham & Cheese Sub/ Spicy Chicken Salad
<b>WEDNESDAY</b>	Italian Sub/ Chicken Caesar Salad
<b>THURSDAY</b>	American Sub/ Taco Salad
<b>FRIDAY</b>	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



### This Week's Feature:



Cheeseburger/Hamburger-offered daily  
Spicy Chicken Sandwich-offered daily  
Chicken Patty Sandwich-offered daily  
Sunflower Butter & Jelly Sandwich-(V) - offered daily  
Hot/Cold Cheese Sandwich- (V) -offered daily  
Deli Bar-Build Your Own

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# TRSD Middle School

## Jan 21st - Jan 25th

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**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Everyday Choice

*Bagel w/ Cream Cheese  
Grab & Go Breakfast*



<b>MONDAY</b>	No Service	
<b>TUESDAY</b>	Apple Pocket Sausage & Cheese Biscuit	V
<b>WEDNESDAY</b>	Pancake Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
<b>THURSDAY</b>	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	
<b>FRIDAY</b>	Cinnamon Rolls Ham & Cheese on English Muffin	V

### Daily Special

*1/21/19-MLK Day!*

*1/25/19-Cookie Day!*



<b>MONDAY</b>	No Service	
<b>TUESDAY</b>	Nachos (cheese/bean/chicken/beef)	V
<b>WEDNESDAY</b>	Corn Dog w/ Roasted Corn	
<b>THURSDAY</b>	Popcorn Chicken Bowl w/ WW Roll	
<b>FRIDAY</b>	Mini Ravioli w/ Breadstick & Caesar Salad Pizza	V



### Daily Special

<b>MONDAY</b>	Turkey & Cheese Sub/ Chef's Salad
<b>TUESDAY</b>	Ham & Cheese Sub/ Spicy Chicken Salad
<b>WEDNESDAY</b>	Italian Sub/ Chicken Caesar Salad
<b>THURSDAY</b>	American Sub/ Taco Salad
<b>FRIDAY</b>	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



### This Week's Feature:



Cheeseburger/Hamburger-offered daily  
Spicy Chicken Sandwich-offered daily  
Chicken Patty Sandwich-offered daily  
Sunflower Butter & Jelly Sandwich-(V)- offered daily  
Hot/Cold Cheese Sandwich- (V) -offered daily  
Deli Bar-Build Your Own

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# TRSD Middle School

Jan 28th - Jan 31st

Our menus are aligned with the USDAs Healthier U.S. School Challenge.  
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**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Everyday Choice

*Bagel w/ Cream Cheese  
Grab & Go Breakfast*



- MONDAY** Pancake & Sausage Breakfast on a Stick w/ Syrup  
Ham & Cheese on English Muffin
- TUESDAY** Ham & Cheese Breakfast Burrito w/ Salsa  
Sausage & Cheese Biscuit
- WEDNESDAY** Waffle Bar w/ Fruit Compote & Toppings  
Ham & Cheese on English Muffin
- THURSDAY** Ultimate Breakfast Round  
Sausage & Cheese Biscuit
- FRIDAY**

V  
V

## Daily Special



- MONDAY** Chicken Nuggets w/ WW Roll & Green Beans
- TUESDAY** Nachos (cheese/chicken/beef) **V**
- WEDNESDAY** Beef Patty Gravy over Mashed Potatoes w/ WW Roll
- THURSDAY** Beef Stroganoff w/ Rotini & Caesar Salad
- FRIDAY**



## Daily Special

- MONDAY** Turkey & Cheese Sub/  
Chef's Salad
- TUESDAY** Ham & Cheese Sub/  
Spicy Chicken Salad
- WEDNESDAY** Italian Sub/  
Chicken Caesar Salad
- THURSDAY** American Sub/  
Taco Salad
- FRIDAY** Sunflower Butter & Jelly Sandwich/  
Spicy Chicken Salad



## This Week's Feature:



- Cheeseburger/Hamburger-offered daily
- Spicy Chicken Sandwich-offered daily
- Chicken Patty Sandwich-offered daily
- Sunflower Butter & Jelly Sandwich- (V)- offered daily
- Hot/Cold Cheese Sandwich- (V) -offered daily
- Deli Bar-Build Your Own

Menu available online\*

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