

**2019
HAPPY
NEW YEAR**

**Welcome Back To School
We have missed you**

Walker County Schools

JANUARY

**Middle School Lunch Menu
2018 -2019**



**Start this new year
with making healthy choices.**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Your plate must have at least ½ cup fruit or veggie on it.</p>	<p>NEW Have you fill at your child's Free/Reduced application yet? You can fill it out on line. It is easy and fast. Go to www.myschoolapps.com</p>	<p>School Payments Made Easy From the cafeteria to the classroom, pay anytime, anywhere from your computer or smartphone at walkerschools.org</p>	<p>3</p>	<p>4</p>
<p>WELCOME BACK!!! Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 7</p>	<p>Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Strawberries Fresh Fruit WG Choc Chip Cookie Milk Choice 8</p>	<p>Hotdog w/Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Toss Salad w/ Dressing Choice Blueberries Fresh Fruit Milk Choice 9</p>	<p>Hamburger on WG Bun w/ Lettuce, Tomato, Onion OR Taco Soup w/ Tortilla Chips & Cheesy Bread Stick & Cheese Cup & Sour Cream Carrots w/ Ranch Dressing Refried Beans Caesar Salad Apricots Fresh Fruit Milk Choice 10</p>	<p>Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice 11</p>
<p>Teriyaki Chicken w/ WG Rolls OR Pizza Broccoli w/ Cheese Carrots w/ Dip Toss Salad w/ Dressing Choice Mixed Fruit Frozen Fruit Milk Choice 14</p>	<p>TACO TUESDAY Hamburger on WG Bun OR Taco w/ Crispy Shells & Cheese Cup & Salsa & Sour Cream Refried Beans Lettuce & Tomato Apricots Fresh Fruit Milk Choice 15</p>	<p>Chicken Nuggets OR Lasagna WG Roll Green Beans Cream Potatoes Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 16</p>	<p>BBQ on WG Bun OR Fish on WG Bun Baked Beans Cole Slaw Toss Salad w/ Dressing Choice Peaches Fresh Fruit Blueberry Crisp Milk Choice 17</p>	<p>Chicken on WG Bun w/ Lettuce & Tomato OR Vegetable Beef Soup w/ Grilled Cheese Sandwich Steamed Carrots Fries Toss Salad w/ Dressing Choice Raisins Fresh Fruit Milk Choice 18</p>
<p>NO SCHOOL HOLIDAY 21</p>	<p>Pizza OR Burrito w/ Sour Cream Green Beans Caesar Salad Carrots w/ Dip Applesauce Frozen Fruit Milk Choice 22</p>	<p>Quesadilla w/ Sour Cream OR Chicken on WG Bun Fries Refried Beans Salsa Lettuce & Tomato Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 23</p>	<p>Corn Dog OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Cole Slaw Corn Baked Beans Toss Salad w/ Dressing Choice Spiced Apples Fresh Fruit Milk Choice 24</p>	<p>Cheesy Bread Sticks w/ Beefy Marinara Sauce OR Chicken Noodle Soup w/ Cheesy Bread Stick Veggies w/ Ranch Dressing Toss Salad w/ Dressing Choice Pears Fresh Fruit Milk Choice 25</p>
<p>Chicken Fajita & Cheese Cup w/ Sour Cream and Salsa OR Pizza Refried Beans Steamed Carrots Toss Salad w/ Dressing Choice Applesauce Frozen Fruit Milk Choice 28</p>	<p>Chicken Nuggets OR Pork Roast w/ Gravy WG Roll Mixed Veggies Broccoli w/ Cheese Toss Salad w/ Dressing Choice Strawberries Fresh Fruit Milk Choice 29</p>	<p>Spaghetti w/ Meat Sauce w/ WG Roll OR Fish Nuggets w/ Hushpuppies & Tartar Sauce Corn Green Beans Toss Salad w/ Dressing Choice Blueberries Fresh Fruit WG Choc Chip Cookie Milk Choice 30</p>	<p>Hotdog w/Chili OR Chili w/ Grilled Cheese Sandwich Cole Slaw Fries Toss Salad w/ Dressing Choice Apricots Fresh Fruit Milk Choice 31</p>	

**Students must have a lunch from home or school to be eligible to purchase the following items:
12 oz. Bottle Water every day for \$.75, Frozen Fruit (4.4 oz. cup of 100% fruit juice) on
Thursdays for \$.90, WG Choc Chip Cookie (1.85 oz.) on Fridays for \$.75.**

NO CHARGING will be allowed for these items or any extra food sales. Students must follow the WC School Nutrition guidelines.

This institution is an equal opportunity provider.
MENU SUBJECT TO CHANGE BASED UPON AVAILABILITY OF FOOD