


# Middle School January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 11	January 12	January 13	January 14	January 15
Eggo Mini Confetti Pancakes & Cheese Stick with Syrup Cup  Assorted Fruits & Veggies	Chicken Teriyaki Bowl w/ Brown Rice & Broccoli  Assorted Fruits & Veggies	<b>K to 12 MEALS TO GO</b> at Moon Area High School Tuesday 4:45 p.m. to 5:45 p.m. Wednesday 11 a.m. -1 p.m.	Mashed Potato Bowl Crispy Chicken, Cheddar Cheese Corn, Mashed Potatoes & Gravy  Assorted Fruits & Veggies	Cheesy Pizza Slice  Assorted Fruits & Veggies
January 18	January 19	January 20	January 21	January 22
<b>NO SCHOOL</b> 	Land O Lakes Macaroni Cheese  Assorted Fruits & Veggies	<b>K to 12 MEALS TO GO</b> at Moon Area High School Tuesday 4:45 p.m. to 5:45 p.m. Wednesday 11 a.m. -1 p.m.	Hot Dog on a Bun Fritos  Assorted Fruits & Veggies	Pepperoni Roll w/ Dipping Sauce  Assorted Fruits & Veggies
January 25	January 26	January 27	January 28	January 29
Buffalo Chicken Strips w/ Cornbread  Assorted Fruits & Veggies	Breaded Ravioli w/ Dipping Sauce Cookie  Assorted Fruits & Veggies	<b>K to 12 MEALS TO GO</b> at Moon Area High School Tuesday 4:45 p.m. to 5:45 p.m. Wednesday 11 a.m. -1 p.m.	Oven Roasted BBQ Chicken w/ Apple Cinnamon Muffin  Assorted Fruits & Veggies	Pepperoni Roll w/ Dipping Sauce  Assorted Fruits & Veggies
MONDAYS	TUESDAYS	Available Daily	THURSDAYS	FRIDAYS
Warm WG Donut  Assorted Fruits	Warm WG Banana Bread  Assorted Fruits	Assorted Cereal and/ or Cereal Bars 	Warm WG Cinnamon Roll  Assorted Fruits	Warm WG Coco Bread  Assorted Fruits

**FREE BREAKFAST & LUNCH for ALL STUDENTS**  
**THANK YOU FOR SUPPORTING MASD CAFETERIA!**

**WEDNESDAY MEALS TO GO**

**Please Visit:**

<https://www.moonarea.net/administration/21>

## DAILY OPTIONS

### Crispy Chicken Sandwich

No antibiotics ever, minimally processed, baked whole grain crispy breast filet on a warm bun

### Moon Munchable

Whole grain rich Tostitos, low fat cheese stick, flavored low fat yogurt & whole grain chocolate chip muffin top

### Garden Salad w/ Chicken

Chicken, carrots, cucumbers, tomatoes, low fat cheese, whole grain Nabisco saltine crackers, whole grain croutons & whole grain rich Tostitos

### Baked Potato

Baked potato with low fat cheddar cheese, all natural Daisy sour cream, Country Crock spread & whole grain rich Tostitos

**GLUTEN FREE**

**A Lunch Consists of: Whole Grains, Meat / Meat Alternate, Assorted Fruits, Assorted Vegetables & rBST Hormone Free Milk**

**QUESTIONS?** Special dietary needs, account restrictions, benefit and account questions please contact:

Christie Leininger, Director of Food Services at 412-264-9440 ext. 1129 or email [cleininger@moonarea.net](mailto:cleininger@moonarea.net)

**USDA is an equal opportunity provider and employer**

