

JANUARY

WALLA WALLA PUBLIC SCHOOLS MIDDLE SCHOOL MENU

SALAD BAR, CONDIMENTS & DRINKS

MILK 1%, SOY MILK, NON-FAT CHOCOLATE MILK

FRESH FRUITS IN SEASON & A VARIETY OF CANNED FRUIT IN JUICE OR LT SYRUP

SEASONAL RAW VEGETABLE TRAY
(CARROTS, CAULIFLOWER, BROCCOLI, TOMATOES, CUCUMBERS, CELERY, PEAS, AND MORE)

TOSSED GREEN SALAD WITH ICEBERG, ROMAINE, SPINACH, ADDITIONAL VEGETABLES AS AVAILABLE

CONDIMENTS (KETCHUP, SALSA, LOW FAT RANCH, LOW FAT MAYO, & MUSTARD)

MEAL PRICES 2018-2019

Breakfast	1.40	Lunch	2.95
Reduced	0.00	Reduced	0.40
Adult Breakfast	1.90	Adult Lunch	3.60
Milk	0.50	Milk	0.50



Menus exceed the state and federal guidelines for servings of fruits and vegetables. This institution is an equal opportunity provider. Menu subject to change without notice.

BREAKFAST

(BREAKFAST INCLUDES FRUIT, VEGETABLES, MILK OR SOY MILK)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREAL EGG & CHEESE MUFFIN BAGEL PANCAKES BREAKFAST PIZZA	CEREAL SCRAMBLED EGGS MUFFIN YOGURT PANCAKE WRAP	CEREAL TURKEY SAUSAGE BAGEL FRENCH TOAST STICKS BREAKFAST PIZZA	CEREAL OMELET MUFFIN YOGURT PANCAKE WRAP	CEREAL HARD BOILED EGG BAGEL WAFFLES BREAKFAST PIZZA

LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 CHICKEN POZOLE CHEESE BURGER HUMMUS & TORTILLA CHIPS	8 LASAGNA ROLL UP CRUNCHY TACOS YOGURT WITH CRACKERS	9 TERIYAKI DIPERS WITH BROWN RICE BEAN & CHEESE BURRITO CHICKEN ON A BUN	10 CHICKEN FAJITAS CHICKEN NUGGETS WITH DINNER ROLL SOFT PRETZEL WITH COTTAGE CHEESE	11 CHICKEN ALFREDO CHEESE PIZZA TUNA SANDWICH
14 MANDARIN ORANGE CHICKEN WITH BROWN RICE CHEESE BURGER HUMMUS & TORTILLA CHIPS	15 SPAGHETTI CRUNCHY TACOS YOGURT WITH CRACKERS	16 CORN DOG BEAN & CHEESE BURRITO CHICKEN ON A BUN	17 CHEESE ZOMBIES CHICKEN NUGGETS WITH DINNER ROLL SOFT PRETZEL WITH COTTAGE CHEESE	18 FISH SANDWICH CHEESE PIZZA TUNA SANDWICH
21 NO SCHOOL	22 CHICKEN & NOODLES CRUNCHY TACOS YOGURT WITH CRACKERS	23 CHEF SALAD WITH DINNER ROLL BEAN & CHEESE BURRITO CHICKEN ON A BUN	24 TURKEY GRAVY & POTATOES WITH DINNER ROLL CHICKEN NUGGETS WITH DINNER ROLL SOFT PRETZEL WITH COTTAGE CHEESE	25 HOT HAM & CHEESE SANDWICH CHEESE PIZZA TUNA SANDWICH
28 SWEET & SOUR CHICKEN WITH BROWN RICE CHEESE BURGER HUMMUS & TORTILLA CHIPS	29 CHICKEN POT PIE CRUNCHY TACO YOGURT WITH GRAHAM CRACKERS	30 HOT DOG BEAN & CHEESE BURRITO CHICKEN ON A BUN	31 MACARONI & CHEESE CHICKEN NUGGETS WITH DINNER ROLL SOFT PRETZEL WITH COTTAGE CHEESE	