

Ashland Middle/John Muir School Menu January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ * Orange Chicken w/rice	3 Breakfast * Ham & Cheese Bagel * Egg & Cheese Scramble w/ Tots ◊ Lunch * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	4 Breakfast * Fresh Made Muffin ◊® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	5 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Beef & Bean Burrito w/ Corn * Cheese Lasagna Roll ◊
8 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Taco w/Beans * Egg Rolls w/ Rice ◊	9 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ Lunch * Cheese OR Gardenburger w/Fries◊ * General Tso's Chicken w/ Rice	10 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	11 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	12 Breakfast * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊
15 No School	16 Breakfast * Breakfast Tornado * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Calzone W/Veggies ◊	17 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Bean & Cheese Burrito w/Corn * Salisbury Steak w/ Potatoes & Breadstick	18 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	19 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * Nachos ◊
22 Breakfast * Pancake Sausage Wrap * Egg & Cheese Scramble w/ Tots ◊ Lunch * Cheese OR Garden burger w/Fries * Pizza ◊	23 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ * Orange Chicken w/rice	24 Breakfast * Ham & Cheese Bagel * Egg & Cheese Scramble w/ Tots ◊ Lunch * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	25 Breakfast * Fresh Made Muffin ◊® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	26 No School
29 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Taco w/Beans * Egg Rolls w/ Rice ◊	30 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ Lunch * Cheese OR Gardenburger w/Fries◊ * General Tso's Chicken w/ Rice	31 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	1 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	2 Breakfast * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊

® =Scratch and Fresh made recipes ◊ = vegetarian or can be made vegetarian

Breakfast
 includes Milk and fruit. Cold cereal is offered daily as a second option. \$1.50

Lunch
 Includes Bottomless Offering Bar and Milk. \$2.75

Extra white milk may be purchased. \$.50



Unlimited fruits and vegetables with every meal purchased!!
 Fresh, local options available, check in and see what's on the tray today!