

JANUARY 2019

Nac ISD Middle School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

1

No School

2

No School

3

No School

4

No School

7

Poptarts/Peach Cup
Ravioli/Bread stick or
Pizza
Corn
Seasoned Carrots
Mixed Fruit/Milk

8

Breakfast Pizza/Mandarin
Orange
Steak Fingers or Chicken
Fries/Texas Toast
Mashed Potatoes/Gravy
Green Beans/Dragon
Fruit Slushie/Milk

9

Mini Bagel/Pear Cup
Asian Chicken or Egg
Roll
Noodles/Stir Fry
Vegetables/Dark Green
Salad/Applesauce Cup
Milk

10

Breakfast Burrito/Apple
Slices
Nacho Supreme or
Cheese Quesadilla
Pinto Beans
Salsa Cup/Jicama
Peaches/Milk

11

Cereal Bar/Cheese
Stick/Peach Cup
Hamburgers or Chicken
Sandwich
Tater Tots
Green Peas
Raisels/Milk

14

Stuffed Crescent/Mixed
Fruit
Oven Fried Chicken or
Pork Chops
Mashed Potatoes/Gravy
Green Beans
Apricots/Milk

15

Breakfast Pizza/Mandarin
Orange
Little Smokies or Mini
Beef Riblettes
Mac&Cheese/Baked
Beans/Sweet Potato
Tots/Emoji Cup/Milk

16

French Toast Sticks/Pear
Cup
Spaghetti & Meat sauce or
Chicken Nuggets
Bread-shesse stick
Marinara cup
Broccoli & Cheese
Orange/ Milk

17

Yogurt & Cheese /Apple
Slices
Chicken Crispito or
Nacho Bites
Refried Beans/Salsa cup
Grapes/Milk

18

No School

21

Vertical Bar&
Cheese/Mixed Fruit Cup
Taco Roll or Cheese
Nachos
Cornbread Muffin
Black Beans/ Corn
Pineapple Tidbits/Milk

22

Break Pizza/Mandarin
Orange Cup
Mini Corn Dogs or Pizza
Seasoned Carrots
Celery Sticks/Dip
Fruit Juice

23

Honey Bun/Pear Cup
Chuck wagon/Cheesy
Bread Stick or Meatballs
on Sub
Green Beans
Dark Green Salad
Mixed Dried Fruit

24

Mini Pancake/Apple
Slices
Scrambled Eggs/
Sausage Link/ or Ham &
Cheese Croissant
Jicama/Seasoned Sweet
Potato Cubes/ French
Toast Sticks/Fruit/Milk

25

Cinni-Mini/Peach Cup
Mr. Rib Sandwich or
Chicken Sandwich
Seasoned Potato
Wedges/ Baked Beans
Applesauce Cup
Milk

28

Kolache/Mixed Fruit
Chicken Crispito or
Chicken Fajita Taco
Refried Beans
Salsa Cup/Tostito Chips
Bell Pepper and Onion
Pears/Milk

29

Break Pizza/Mandarin
Orange Cup
Chicken Nuggets or
Steak Fingers/Texas
Toast/Au gratin Potatoes
Gravy/Black eyed
Peas/Frozen Fruit
Smoothie/Milk

30

Sausage on
Bun/Pineapple Cup
Lasagna or Pizza
Dark Green Salad
Corn
Orange Wedges

31

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

Breakfast

Offered Daily at breakfast:

Assorted Cereal
Fresh Fruit
Juice
Milk

Students must pick three
items and one must be a
fruit or juice.

Breakfast is free for all
Students

Lunch

Lunch includes choice of
fresh fruit and Milk.

Students must pick three
components. One must be
a fruit or vegetable.

Lunch is free for all
students.

This institution is an equal
opportunity provider.