



# January Middle School Lunch Menu

**All kids 18 and under eat at no cost!**

\*All sandwiches, wraps & subs are whole grain

**Served Daily:** Fresh Fruit, 1% Milk and Sunbutter and Jelly Sandwich  
**LG = Locally Grown!**  
**V = Vegetarian!**

Food & Nutrition Office: 978-674-2049  
Follow us on:

Instagram: lpsdfoodandnutrition

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Vegetarian Items available daily.

\*Menus are subject to change and will be posted when available

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## MONDAY

3

- Crispy Orange Chicken & Broccoli with Brown Rice
- Crispy Chicken Ranch Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain **LG**
- Served with Milk, Apple & Broccoli & Celery

10

- Chicken Drumstick with Tater Tots & Carrots
- Black Bean Burgers with Lettuce & Tomato on a Whole Grain Bun
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Chef Salad with Whole Grain Flatbread **LG**
- Served with Milk, Apple & Tater Tots and Carrots

17

**MLK JR. DAY**  
**NO SCHOOL**

24

- Grilled Cheese and Tomato Soup
- Chicken Nuggets with WG roll
- Italian Sub with Lettuce and Tomato **LG**
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Banana & Red Pepper Strips

31

- Beef Taco's Lettuce/Tomato/Salsa
- Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Apple, Garden Salad & Tomato Slices **LG**

## TUESDAY

4

- Shepherds Pie with Mashed Potato and Corn
- Cheeseburger with Lettuce and Tomato
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Chicken Salad Platter w/Lettuce & Tomato **LG**
- Served with Milk Fruit Cup, Side Salad and Corn

11

- Chicken Parm Pasta with Roasted Broccoli & Carrot
- Cheeseburger with Lettuce & Tomato **LG**
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Turkey & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Orange & Roasted Vegetables

18

- Cheeseburger with Lettuce & Tomato on Whole Grain Bun **LG**
- Honey Mustard Chicken Patty Melt
- Tuna Sandwich w/Lettuce & Tomato **LG**
- Ham Chef Salad with Whole Grain Flatbread **LG**
- Served with Milk Orange and Roasted Corn,

25

- Beef Tortilla Bowl with Whole Grain Brown Rice
- Pizza Crunchers wit Sauce
- Chef Salad with Ham w/Whole Grain Flatbread **LG**
- Romanesco Turkey Sub with Lettuce on Whole Grain Bread **LG**
- Served with Milk, Orange and Seasoned Corn

1

- Chicken & Spaghetti Carbonara with Whole Grain Roll
- Cheeseburger with Lettuce & Tomato **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Chicken Salad Platter w/Lettuce & Tomato **LG**
- Served with Milk, Orange, and Roasted Carrots

## WEDNESDAY

5

- Baked Potato with Cheese & Ham Whole Grain Roll
- Crispy Chicken Sandwich with Lettuce & Tomato on Whole Grain
- Beef Taco Salad with Tortilla Chips
- Chicken Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Banana and Red Pepper Strips, Black beans

12

- Spicy Chicken Sandwich with Lettuce & Tomato on Whole Grain
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk Banana & Red Pepper Strips

19

- Chicken Tikka Masala
- Spicy Chicken Sandwich with Lettuce and Tomato
- Chicken Shawarma Wrap with Lettuce and Tomato **LG**
- Tuna Salad on a Garden Salad **LG**
- Served with Milk, Banana and Broccoli, Cucumber and Tomato Salad

26

- Breakfast for Lunch with HOTM Baked Apples **LG**
- Spicy Chicken Sandwich with Lettuce and Tomato
- Tuna Salad Sandwich w/Lettuce & Tomato on Whole Grain Bread **LG**
- Chef Salad with Ham with Whole Grain Flatbread **LG**

2

- Garlic Chicken Lo Mein with Fresh Vegetables
- Spicy Chicken Sandwich with Lettuce & Tomato on Whole Wheat
- Popcorn Chicken Salad w/Flatbread **LG**
- Tuna Salad with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Banana and Fresh Broccoli

## THURSDAY

6

- Macaroni & Cheese **V**
- Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Hummus Salad w/Flatbread **V**
- Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Orange and Peas & Carrots

13

- Limited Time Offer:**
- Mediterranean Grain Bowl** - Chicken Tenders with Whole Grain Roll
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Peach Slices & Kickin Beans

20

- Beef Nachos with Campfire Beans
- Crispy Chicken Sandwich Lettuce and tomato
- Chicken Caesar Salad **LG**
- Ham & Cheese Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Seasonal Fruit Cup and Carrots & Kickin' Beans

27

- BBQ Rib Sandwich with Lettuce & Tomato **LG**
- Homemade Chili with Tortilla Chips
- Thai Chicken Salad with Flat bread. **LG**
- Ham & Cheese Sand with Lettuce & Tomato on WG **LG**
- Served with Milk, Fresh Strawberries and Kickin Beans

3

- General Tso's Chicken & Vegetables with Yellow Rice
- Fish Sandwich with Lettuce & Tomato on Whole Grain Bread **LG**
- Popcorn Chicken Salad w/Flatbread **LG**
- Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
- Served with Milk, Season Fruit Cup and Baby Carrots

## FRIDAY

7

- Cheese Pizza **V**
- Chicken & Pepper Popper Pizza
- Ham & Cheese with Lettuce & Tomato on Whole Grain Bread **LG**
- Hummus Salad w/Flatbread **V**
- Served with Milk, Apple and Side Salad. Carrots

14

- Cheese Pizza **V**
- Beef Mexican Pizza
- Chicken Garden Salad with Whole Grain Flatbread **LG**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk Fresh Fruit and Side Salad **LG**

21

- Cheese Pizza **V**
- Pepperoni Pizza
- Turkey Sandwich w/Lettuce & Tomato on whole Grain Bread **LG**
- Chicken Salad Platter with Lettuce & Tomato **LG**
- Served with Milk, Apple, and Local Garden Salad **LG**

28

- Cheese Pizza **V**
- Chili Lime Beef Pizza
- Chef Salad with Egg and Whole Grain Flatbread **LG V**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk, Apple, and Local Garden Salad **LG**

4

- Cheese Pizza **V**
- White Pizza with Sausage
- Chef Salad with Egg & Whole Grain Flatbread **LG V**
- Turkey Sandwich with Lettuce & Tomato on Whole Wheat Bread **LG**
- Served with Milk, Apple and Cucumber & Baby Carrots