

# JANUARY 2019

## Jared Eliot Middle School

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

School Closed

1

New Year's Day

Hot Dog on a Whole Grain Roll served with Vegetarian Baked Beans, Fresh Carrots Sticks and Diced Pears

2

Whole Grain Cheese Quesadilla served with Mexi Rice, Fresh Broccoli and Diced Peaches

3

Whole Grain French Bread Pizza served with a Fresh Tossed Salad and Fresh Apple

4

Mozzarella Sticks served with Tomato Sauce, Glazed Carrots, WW Breadstick and Fresh Orange Wedges

7

Whole Grain Mini Pancakes served with Oven Baked Hash Brown, Celery Sticks and Breakfast Sausage

8

Breaded Chicken Sandwich on a Whole Grain Roll served with Red Beans and Rice, Fresh Cucumber Slices and Fresh Strawberries

9

Meatball Grinder on a Whole Grain Roll with Fresh Broccoli, Fresh Carrot Sticks and Fresh Fruit

10

Whole Grain Stuffed Crust Pizza served with a Fresh Tossed Salad and a Fresh Pear

11

Hamburger on a Whole Grain Roll served with Oven Baked Tots, Seasoned Green Beans and Fresh Orange Wedges

14

Beef Tacos with Lettuce, Tomato Sour Cream & Salsa on the side served with Brown Rice & Pinto Beans and Diced Peaches

15

Homestyle Mac & Cheese served with a Dinner Roll, Fresh Carrot Sticks and Hummus and Fresh Strawberries

16

Ziti with Meatballs served with Savory Green Beans and Fresh Orange Wedges

17

Early Dismissal  
Ham, Egg and Cheese on English Muffin with a Hash Brown, Celery Sticks and OJ

18

School Closed

21

MLK Jr. Day

Steak and Cheese on a Whole Grain Grinder Roll  
Oven Baked Fries  
Sautéed Cauliflower  
Fresh Fruit Cup

22

Whole Grain Chicken Tenders with Brown Rice Pilaf, Fresh Broccoli and Fresh Cut Cantaloupe

23

Grilled Chicken Sandwich on Whole Grain Roll with Oven Baked Sweet Potato Fries, Seasoned Green Beans and Fresh Orange Wedges

24

Whole Grain French Bread Pizza served with a Fresh Tossed Salad and Fresh Apple

25

Rotini with Meat Sauce served with Fresh Tossed Salad, Whole Grain Bread Stick and Fresh Orange Wedges

28

Toasted Cheese Sandwich on Whole Grain Bread with Tomato Soup, Fresh Broccoli and Applesauce Cup

29

Hot Dog on a Whole Grain Roll served with Vegetarian Baked Beans, Fresh Carrots Sticks and Diced Pears

30

Whole Grain Cheese Quesadilla served with Mexi Rice, Fresh Broccoli and Diced Peaches

31

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

### Prices

Student Meal \$3.25  
Milk \$.75  
Snacks \$1.00

Grinders, sandwiches and salads are also available as an alternative to the daily hot meal.

Fresh Fruit and Milk are also served daily as part of the meal

### School News

January 1<sup>st</sup> No School  
New Year's Day

January 18<sup>th</sup> Early Dismissal  
Professional Development

January 21<sup>st</sup> No school  
MLK Jr. Day

*This institution is an equal opportunity provider.*