



# JANUARY | 2021

**Tinora Middle School ~ Grades 5-8**  
 "USDA is an equal opportunity provider and employer."

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1
4 Chicken Nuggets BBQ Sauce Starz Cherry Tomatoes Applesauce  Fiestada	5 Homemade Mac & Cheese Green Beans Breadstick Pears  Pork Chop	6 Mini Corn Dogs French Fries Carrots & Dip Mandarin Oranges  Hot Chicken Sandwich	7 Grilled Cheese Tomato Soup Crackers Pineapple  Pork Fritter Sandwich	8 Choice of Pizza Romaine w/ dressing Cauliflower w/ dip Peaches
11 Mini Pancakes Syrup Sausage Carrots & Dip Juice  Spicy Chicken Sandwich	12 Hot Dog Chili Sauce Tater Tots Sliced cucumbers Applesauce  Grilled Chicken Salad Meal	13 Hamburger Pickles French Fries 3-bean salad Pineapple  Fish Sandwich	14 Soft Taco Lettuce & Cheese Sour Cream & Salsa Cowboy Salsa Tortilla Chips Peaches  Calzone	15 Pizza Sticks w/ Marinara Broccoli w/ cheese Mixed fruit w/ grapes
18  NO SCHOOL Martin Luther King Jr. Day	19 Cheesy Garlic Bread w/ Marinara Corn Cauliflower w/ dip Pears  Grilled Chicken Salad Meal	20 Breaded Chicken Sandwich French Fries Orange Wedges  BBQ Pork Riblet	21 Goulash (Macaroni w/ meat sauce) Garlic Toast Romaine w/ dressing Applesauce Snack  Chimichanga w/ Queso	22 Choice of Pizza Carrots w/ dip 3-bean salad Pineapple
25 Chicken Stix w/ BBQ sauce Mashed Potatoes Dinner Roll Peaches  Pork Chop	26 Nachos w/ cheese Green Beans Pretzel Sliced cucumbers Applesauce  Grilled Chicken Salad Meal	27 Hamburger Pickles French Fries Pineapple  BBQ Chicken Sandwich	28 Beef Taco Stick Romaine w/ dressing Sour cream & salsa Pears Sliced peppers w/ dip  BBQ Pork Sandwich	29 Homemade Cheese or Pepperoni Pizza Peas & Carrots Cherry Tomatoes Banana Snack

## News

Choice of Milk:  
 Chocolate  
 Strawberry  
 White  
 Skim

### Lunch

Adult	3.75
Student	3.00
Reduced	0.40
Milk	0.60

### Daily Ala Carte options:

- PB & J
- Muffins
- Salads
- Cookies
- Chips
- Ice cream treats
- Gatorade
- ICE drinks
- Apple juice
- Propel
- Water

Menu subject to change