



# JANUARY | 2022

## Tinora Middle School

“USDA is an equal opportunity provider and employer.”

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>Mini Pancakes Syrup Sausage Carrots w/ dip</p> <p>BBQ Chicken Sandwich</p>	<p><b>4</b></p> <p>Chicken Nuggets Baked Beans Sliced cucumbers Breadstick Applesauce</p> <p>Calzone</p>	<p><b>5</b></p> <p>Hamburger Cheese Slice Pickles French Fries Peaches</p> <p>BBQ Pork Sandwich</p>	<p><b>6</b></p> <p>Turkey Gravy Mashed Potatoes Dinner Roll Fruited Jello</p> <p>Fish Sticks</p>	<p><b>7</b></p> <p>Pizza Sticks Marinara Sauce Corn Pears</p>
<p><b>10</b></p> <p>Mini Corn Dogs Tater Tots Cherry Tomatoes Pineapple</p> <p>Pizza Burger</p>	<p><b>11</b></p> <p>Nachos w/ cheese Green beans Pretzel Carrots w/ dip Peaches</p> <p>Popcorn Chicken Salad Meal</p>	<p><b>12</b></p> <p>Breaded Chicken Sandwich French Fries Mandarin oranges</p> <p>BBQ Riblet Sandwich</p>	<p><b>13</b></p> <p>Soft Taco Lettuce &amp; Cheese Sour cream &amp; Salsa Refried beans Pears Popcorn</p> <p>Calzone</p>	<p><b>14</b></p> <p>Pizza Romaine w/ dressing Sliced peppers Banana</p>
<p><b>17</b></p> <p>NO SCHOOL</p>	<p><b>18</b></p> <p>Homemade Mac &amp; Cheese Peas Carrots w/ dip Breadstick Mixed Fruit</p> <p>Grilled Chicken Salad Meal</p>	<p><b>19</b></p> <p>Hot Dog Chili Sauce French Fries Grapes</p> <p>Steak &amp; Queso Sub</p>	<p><b>20</b></p> <p>Chicken &amp; Noodles Mashed Potatoes Dinner Roll Applesauce</p> <p>Salisbury Steak</p>	<p><b>21</b></p> <p>Homemade Pizza Baked beans Sliced cucumbers Apple</p>
<p><b>24</b></p> <p>Popcorn Chicken w/ BBQ Doritos Carrots w/ dip Peaches</p> <p>Burrito</p>	<p><b>25</b></p> <p>Fish Sticks w/ tartar sauce Tater Tots Sliced cucumbers Applesauce</p> <p>Fiestada</p>	<p><b>26</b></p> <p>Hamburger w/ cheese slice Pickles French Fries Pears 3-bean salad</p> <p>Hot Chicken Sandwich</p>	<p><b>27</b></p> <p>Grilled Cheese Tomato Soup Crackers Pineapple</p> <p>Spicy Chicken Sandwich</p>	<p><b>28</b></p> <p>Pizza Romaine w/ dressing Celery w/ PB cup Mandarin oranges</p>
<p><b>31</b></p> <p>Scrambled Eggs Sausage Hash brown Toast Juice</p> <p>BBQ Chicken Sandwich</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>

### News

Choice of Milk:  
Chocolate  
Strawberry  
White  
Skim

#### Breakfast

Adult	2.25
K-12	1.80
Reduced	0.30
Milk	0.60

#### Lunch

Adult	3.90
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.