



refresh. refuel. relax.

Urbana Middle School Lunch Menu

January 2018

More info...

January Fuel Special:
Week of January 8th
N'awlins Spicy Wrap

Week of January 16th
Lil' Italy Chicken Bowl

*-Pork Product
**-Chicken Product

More info...

If you are a Vegetarian and would like a special salad Entree (with no meat) please ask at breakfast and we will prepare it for your lunch!!



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Happy New Years!

1

2

3

- 1) BBQ Rib* on a Bun
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Diced Pears

4

- 1) Nachos** w/ Tortilla Scoops
- 2) Chicken Nuggets w/ BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt and Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Refried Beans, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

5

- 1) Spicy Chicken Patty
- 2) Cheeseburger
- 3) Sun Butter & Jelly (V)
- 4) Turkey & Cheese Sandwich
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Steamed Spinach, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

8

Fuel Special

- 1) Salisbury Steak & Gravy w/ BS
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Cheesy Wrap (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

9

Fuel Special

- 1) Turkey Pot Pie w/ Biscuit
- 2) Hot Dog on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Bagel, CC & Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Steamed Carrots, Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

10

Fuel Special

- 1) Hot Ham** & Cheese on Bun
- 2) Beef Fiestada
- 3) Sun Butter & Jelly (V)
- 4) Romaine Salad w/BS (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Harvest of the Month: Mandarin Oranges
Seasoned Baby Peas, Fresh Broccoli, Fresh Green Apple

11

Fuel Special

- 1) Cheesy Baked Penne (V)
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt & Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Baked Beans, Fresh Cucumber Slices, Fresh Banana, 100% Apple Juice

12

Fuel Special

- 1) Fish & Cheese Melt
- 2) Chicken Tenders w/BS
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Golden Kernel Corn, Side Salad, Variety Fresh Fruit, Pineapple Cup

15

Martin Luther King, Jr's Birthday

16

Fuel Special

- 1) Breaded Chicken Patty
- 2) Hot Dog on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Cheesy Wrap (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Golden Kernel Corn, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

17

Fuel Special

- 1) Pizza Sticks w/ Marinara (V)
- 2) Cheeseburger
- 3) Sun Butter & Jelly (V)
- 4) Ham** Chef Salad w/ BS
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Green Beans, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

18

Fuel Special

- 1) General Tso Chicken w/Rice
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt and Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Steamed Carrots, Fresh Celery Sticks, Fresh Banana, 100% Apple Juice

19

Fuel Special

- 1) Chicken Ranch Club Flatbread
- 2) Spicy Popcorn Chicken w/BS
- 3) Sun Butter & Jelly (V)
- 4) Ham** & Cheese Sandwich
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Baked Beans, Side Salad, Variety Fresh Fruit, Mixed Fruit Cup

22

- 1) Country Fried Steak w/BS
- 2) Popcorn Chicken w/BS
- 3) Sun Butter & Jelly (V)
- 4) Egg Chef Salad w/BS (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Mashed Potatoes, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

23

- 1) Chili Mac
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Bagel, CC & Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Seasoned Baby Peas, Fresh Cherry Tomatoes, Fresh Orange Wedges, Applesauce Cups

24

- 1) Chicken Tenders w/BS
- 2) BBQ Rib* on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Cheesy Wrap (V)
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Baked Beans, Fresh Red Pepper Strips, Fresh Green Apple, Diced Peaches

25

- 1) Chicken Penne w/ Alfredo
- 2) Chicken Nuggets w/BS
- 3) Sun Butter & Jelly (V)
- 4) Pretzel, Yogurt & Cheese Plate (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Brussels Sprouts, Fresh Cauliflower, Fresh Banana, 100% Apple Juice

26

- 1) Spicy Chicken Patty
- 2) Hot Dog on a Bun
- 3) Sun Butter & Jelly (V)
- 4) Turkey & Cheese Sandwich
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Steamed Spinach, Side Salad, Variety Fresh Fruit, Pineapple Cup

29

- 1) Pancakes w/Sausage
- 2) Corn Dog on a Stick
- 3) Sun Butter & Jelly (V)
- 4) Ham** Chef Salad w/ BS
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Tater Tots, Fresh Baby Carrots, Fresh Red Apple, 100% Fruit Punch

30

- 1) Sloppy Joe Melt
- 2) Breaded Chicken Patty
- 3) Sun Butter & Jelly (V)
- 4) Romaine Salad w/BS (V)
- 5) Cheese Pizza (V)
- 6) Sausage Pizza*

Fruits & Vegetables
Green Beans, Fresh Broccoli, Fresh Orange Wedges, Applesauce Cups

31

- 1) Meatball Sub on a Bun
- 2) Cheese Quesadilla (V)
- 3) Sun Butter & Jelly (V)
- 4) Ham** & Cheese Sandwich
- 5) Cheese Pizza (V)
- 6) Pepperoni Pizza**

Fruits & Vegetables
Steamed Carrots, Fresh Red Pepper Strips, Fresh Green Apple, Apricot Halves

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