

# JANUARY 2022

# Allendale Christian Middle School Menu



**Lunch Prices: Free (until notified otherwise)**  
**Staff/Adult Meals- \$3.80**  
**Extra Entrée- \$1.15 Milk Only- \$0.50**



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

## MONDAY

3

Choice 1: Dutch Waffles, Sausage, Potato Cubes, Fruitables Juice, Fruit, Muffin  
 Choice 2: "Un crustables" Sandwich Bag

Choice 1: French Toast Bite Sausage, Potato Cubes, Fruitables Juice, Fruit, Muffin  
 Choice 2: Chicken Sandwich Bag

Choice 1: Belgian Waffle, sausage, Hash Brown, Fruitables Juice, Fruit, Muffin  
 Choice 2: Stuffed Pizza Stick Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit, Slushie  
 Choice 2: Nacho Bag

## TUESDAY

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**National Milk Day**  
 Choice 1: Chicken Tenders, Green Beans, Seasonal Veggies, Dinner Roll, Fruit, Dessert  
 Choice 2: Bagel Bag

Choice 1: Hot Dog on Bun, Seasonal Veggies, Baked Beans, Fruit, Dessert  
 Choice 2: Cocoa Puffs Bag

Choice 1: Spaghetti w/ Meat Sauce & Cheese, Garlic Breadstick, seasonal veggies, Fruit, Slushie  
 Choice 2: Nacho Bag



## WEDNESDAY

Choice 1: Bosco Sticks, Bosco Sauce, Broccoli, Fruit, Crackers  
 Choice 2: Lucky Charms Bag

Choice 1: Cheesy Pull Apart Bread, Broccoli, Marinara Sauce, Fruit, Pudding  
 Choice 2: Breakfast Bag

Choice 1: "Fried" Chicken Drumstick (Bone In), Garlic Mashed Potatoes, Seasonal Veggies, Dinner Roll, Fruit, Crackers  
 Choice 2: Turkey/Cheese Sandwich Bag

Choice 1: Sloppy Joes, Smile Fries, Fresh Veggies, Fruit, Dessert  
 Choice 2: "Un crustables" Sandwich Bag

\*\* Menu items may change without notice due to product availability  
 \*\*This institution is an equal opportunity provider and employer\*\*

## THURSDAY

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit, Dessert  
 Choice 2: Chicken Sandwich Bag

Choice 1: "Sub-r-Way"- choice from Ham or Turkey w/ your choice of toppings. fruit, Sun Chips, Crackers  
 Choice 2: Nacho Bag

**Nat. Cheese Lover's Day**  
 Choice 1: Macaroni and Cheese, Green Beans, Garlic Breadstick, Seasonal Veggies, Fruit, Slushie  
 Choice 2: Stuffed Pizza Stick Bag

Choice 1: Mozzarella Sticks, Marinara Sauce, Broccoli, Fruit, Crackers  
 Choice 2: Breakfast Bag



## FRIDAY

Choice 1: Hamburger on Bun, Smiles, Seasonal Veggies, Fruit, Pudding  
 Choice 2: Stuffed Pizza Stick Bag

Choice 1: Peppino's Pizza, Peas, Seasonal Veggies, Fruit, Slushie  
 Choice 2: Turkey & Cheese Sandwich Bag

Choice 1: Peppino's Pizza, Broccoli, Seasonal Veggies, Fruit, Pudding  
 Choice 2: Lucky Charms Bag

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit, Pudding  
 Choice 2: Bagel Bag

