

January 19 - 23

2026

MIDDLE SCHOOL

ALL MEALS INCLUDE SALAD BAR, SOUP, STEAMED RICE, DELI & DESSERTS

Produce of the Month:

Citrus Fruit



Fun Facts:

- peels are full of antioxidants and essential oils
- contain plenty of vitamin C and fiber
- grapefruit is a hybrid of oranges and pomelos

19	20 Tuesday	21 Wednesday	22 Thursday	23 Friday
 MLK DAY	BISTRO GARDEN	BISTRO GARDEN	BISTRO GARDEN	BISTRO GARDEN
M A R T I N L U T H E R	Mummy Dogs Baked Beans Veggie Mummy Dogs 	Pork Adobo Steamed Rice Bok Choy Tofu Adobo 	Fried Shrimp Hush Puppies Roasted Potatoes	Beef Chili con Carne Corn Bread Muffins Vegetarian Chili 
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
P U B	Pub Burger	Polish Sausage Sandwich	Seasoned Tofu Wrap 	Chef's Choice
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
H E R	Toasted Ravioli with Marinara 	Creamy Pesto Chicken with Broccoli	American Chop Suey	Penne with Spicy Tomato Cream Sauce 
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
K I N G	Bean and Cheese Burrito 	Chicken Chili Verde	Crunchy Beef Tacos	Blackened Haddock with Spanish Rice
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
 J R	 Harissa Roasted Chicken	 Braised Beef Tips	 Pork Cochinita Pibil	 BBQ Chicken
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
D A Y	  Kashmiri Dum Aloo 	 Chinese Garlic Eggplant 	 Caramelized Tofu	 BBQ Jack Fruit 

Gluten Free Options Upon Request or
Check out the Gluten Free Zone
Pizza and Sandwich Station Served
Every Day (Vegetarian Option
Available)

Vegetarian 

Produce of the Month 