

# January 26 - 30

## 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

26 Monday	27 Tuesday	28 Wednesday	29 Thursday	30 Friday
BISTRO GARDEN	BISTRO GARDEN	BISTRO GARDEN	BISTRO GARDEN	BISTRO GARDEN
Chinese Chicken Salad	Korean Beef Bowl or Impossible Korean Bowl 	Chicago Dog or Vegetarian Hot Dog 	Butter Chicken Basmati Rice Potato Samosas 	Grilled Cheese Tomato Bisque 
BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND	BURGERLAND
Breakfast Sandwich	Mushroom Burger 	Fish Sandwich	Italian Turkey Burger	Chefs Choice
TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY	TASTE OF ITALY
Gnocchi with Pesto 	Chicken Scallopini	Cheese Menicotti 	Creamy Lemon and Garlic Pasta 	Linguine and Clams
MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA	MEXICAN FIESTA
Al Pastor	Chicken Enchiladas or Cheese Enchiladas with Cilantro Rice 	Chili Colorodo	Vegetarian Bean Tostada 	Pollo Loco with Beans and Rice
GF ZONE	GF ZONE	GF ZONE	GF ZONE	GF ZONE
 Thai Red Curry with Ground Beef	 Herb Pork Roast	 Mushroom Chicken Stir Fry	 Persian Dill and Fava Bean Rice with Ground Lamb	 Piccata Fish
VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE	VEGGIE CAFE
 Ratatouille Risotto 	 Curried Lentils 	 Bulgar Wheat Pilaf with Vegetarian Güveç 	 Mongolian Tofu 	 Taiwanese Style Mushroom Noodle 

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 