

# FUEL ZONE CAFE

## MIDDLE SCHOOL Lunch Menu

# JANUARY 2019

Fruit, Veggies, & Milk available with all Entrees to make a meal.  
 A la carte items may be purchased via account or cash.  
 Entrees sold with out sides or milk purchased with a home lunch are considered a la carte purchases.

### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Happy New Year Cheers to 2019**

**Zippy Taco Soup**  
 Corn Tortilla Chips  
 Cherry Tomatoes

**Mini Corn Dogs**  
 Roasted Potatoes  
 Chef's Choice  
 Veggie

**Sriracha Chicken Lo Mein Bowl**  
 Oriental Blend  
 Edamame

**Grilled Chicken Parmesan**  
 Buttered Noodles  
 Winter Blend  
 Fresh Spinach

**Creamy Chicken & Rice Bake**  
 Dinner Roll  
 Green Beans  
 Baby Carrots

**Beef & Cheese Enchilada Stack**  
 Refried Beans  
 Cranberry Salad

**Tater Tot Bake**  
 Dinner Roll  
 Mixed Veggies  
 Baby Carrots

**Chicken Caesar Wrap**  
 Deli Salad  
 Golden Corn  
 Veggie Mix Up

**Mozzarella & Marinara Baked Rotini**  
 Golden Corn  
 Fresh Broccoli

**Jerk Chicken**  
 Brown Rice  
 Black Beans  
 Fresh Tomato

**Turkey in Gravy**  
 Biscuit  
 Mashed Potatoes  
 Baby Carrots

**Orange Chicken**  
 Brown Rice  
 Glazed Carrots  
 Fresh Broccoli

**Pasta Rosa with Meatballs**  
 Green Beans  
 Garden Salad

**Warm Pancakes**  
 Cheesy Eggs  
 Juice/WC Apples  
 Baby Carrots

**Italian Meatball Hoagie**  
 Steamed Veggies  
 Fresh Spinach

**BBQ Pork Sandwich**  
 Sweet Potato  
 Waffle Fries  
 Golden Corn  
 Coleslaw

**Korean BBQ**  
 Brown Rice  
 Oriental Blend  
 Edamame

**Chicken Fajita Nachos**  
 Crispy Potatoes  
 Celery Sticks

**No School Enjoy your day off!**

**Turkey in Gravy**  
 Mashed Potatoes  
 Dinner Roll  
 Baby Carrots

**Italian Meat sauce Buttered Pasta**  
 Garlic Breadstick  
 CA Blend  
 Fresh Spinach

**Nacho Dorito Walking Taco**  
 Spanish Rice  
 Refried Beans  
 Lettuce & Tomato

Regular: \$2.95  
 reduced .40  
 or Free  
 Adult-\$3.60



### Specials

Selection of Cheese Burger, Chicken Patty, or Daily hot Sandwich

### The Grille

Monday:  
 Tuesday:  
 Wednesday:  
 Thursday:  
 Friday:

### The Deli

Deli Sub Bar  
 Pizza by the Slice  
 Chef's Choice  
 Mexican Fiesta  
 Breakfast Bar

### Bravo

Customize meals your way and add fruits, veggies, and milk to make a meal.

### GOOD to GO

Grab n Go sandwiches, PB & Jelly, Yogurt parfaits, and Salads

**Menu Key:** FP = Fresh Pick • WG = Whole Grain

ELIOR NORTH AMERICA