## **MERIDIAN PUBLIC SCHOOLS**



Monday	Tuesday	Wednesday	Thursday	Friday
•	•	Breakfast	·	
	Seasonal Fresh Fruit Cup, Fre	sh Fruit Bowl, Assorted Fruit Juice a	nd Milk Variety offered daily!	
		January 3	January 4	January 5
		Chicken w/ Waffles Yogurt w/ Muffins Assorted Cereal	Cinnamon Crunch Pastry Yogurt and Muffins Yogurt Parfait	Hot Grits w/ Bacon Yogurt and Muffins Assorted Breakfast Breads
January 8	January 9	January 10	January 11	January 12
Ham Slice w/ Biscuit Assorted Breakfast Breads Yogurt and Muffins	Sausage Pancake Stick Assorted Muffin Loaves Assorted Cold Cereals	French Toast Sticks Breakfast Pizza Yogurt w/ Muffin	Sausage Biscuit Assorted Cold Cereal Assorted Muffin Loaves	Grilled Cheese Sandwich Yogurt and Muffins Assorted Cold Cereal
January 15	January 16	January 17	January 18	January 19
MLK DAY 0 Cardissia Pusis can	Pancakes w/ Bacon Strips Dunkin Sticks Yogurt and Muffins	Sausage Biscuit Assorted Breakfast Breads Yogurt Parfait	Sausage Pancake Stick Cinnamon Crunch Pastry Yogurt and Muffins	Grilled Cheese Sandwich Assorted Cold Cereal Blueberry Muffin Loaves
January 22	January 23	January 24	January 25	January 26
Chicken w/ Waffles Assorted Poptarts Yogurt & Muffin	Cinnamon Crunch Pastry Yogurt Parfait Yogurt and muffins	Breakfast Pizza Yogurt and muffins Assorted Bread Slices	Chicken Biscuit Assorted Cereal Assorted Muffin Loaves	Grilled Cheese Sandwich Assorted Cold Cereal Blueberry Muffin Loaf
January 29	January 30	January 31		
Pancake w/ Omelet Assorted Breakfast Breads Assorted Frudels	Hot Grits w/ Bacon Yogurt and Muffins Dutch Waffles	Mini Pancakes Yogurt Parfait Assorted Muffins		
	Seasonal Fresh Fruit Cup, Fre	Lunch sh Fruit Bowl, Assorted Fruit Juice a	nd Milk Variety offered daily!	
		January 3	January 4	January 5
		Chicken Tenders BBQ Rib Sandwich Tuna Salad w/ Crackers Mashed Potatoes Mixed Vegetables	Spaghetti w/ Meat Sauce Turkey & Cheese Hoagie Chef Salad w/ Crackers Glazed Carrots Black-Eyed Peas Garlic Toast	BBQ Pulled Pork Nachos Southern Chicken Sandwich Chef Salad w/ Crackers Creamy Coleslaw Assorted Vegetable Juice
January 8	January 9	January 10	January 11	January 12
Hamburger Stk w/ Gravy American Sub Chef Salad / Crackers Seasoned Green Peas Mashed Potatoes Yeast Roll	Cheesy Chicken w/ Rice Corndog Nuggets Chef Salad w/ Crackers Assorted Vegetable Juice Italian Sliced Carrots Cornbread	Assorted Pizzas Hotdog Chef Salad w/Crackers Seasoned Green Beans Whole Kernel Corn	BBQ Chicken Ham & Cheese w/ Hoagie Chef Salad w/ Crackers Baked beans Cheesy Broccoli Yeast Roll	Beef Taco w/ Soft Tortilla Southern Chicken Sandwich Chef Salad w/ Crackers Cucumbers w/ Ranch Refried Beans Snack Cookies
January 15	January 16	January 17	January 18	January 19
O Cardiock Proto com	Orange Chicken w/ Rice Turkey & Cheese w/ Bun Tuna Salad w/ Crackers Mixed Vegetables Steamed Broccoli Yeast Roll	Assorted Pizza American Sub Tuna Salad w/ Crackers Glazed Carrots Seasoned Potato Wedges	Chicken & Ham Potato BBQ Meatball Sub Tuna Salad w/ Crackers Garden Salad Whole Kernel Corn Yeast Roll	Hot Wings w/ Yeast Roll Turkey & Cheese Sandwich Tuna Salad w/ Crackers Mixed Vegetables Cucumber Slices w/ Dip
January 22	January 23	January 24	January 25	January 26

Visit us @ www.mpsdk12.net

## **MERIDIAN PUBLIC SCHOOLS**



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Steak Fingers w/ Yeast Roll	Red Beans & Rice	Assorted Pizza	Spaghetti w/ Meat sauce	Chicken Tenders
American Sub	Turkey & Cheese Sandwich	Cheeseburger	Ham & Cheese Sandwich	Meatball Marinara Sub
Grilled Chicken Salad w/	Grilled Chicken Salad w/Crackers	Grilled Chicken Salad w/Crackers	Tuna Salad w/ Crackers	Tuna Salad w/ Crackers
Crackers	Assorted Vegetable Juice	Whole Kernel Corn	Garden salad w/ crackers	Scallop Potatoes
Garden Salad	Carrots w/ Dip	Baked Beans	Mixed Vegetables	Steamed Broccoli
Mashed Potatoes	Cornbread		Garlic Toast	Yeast Roll
January 29	January 30	January 31		
Chicken Spaghetti	Macaroni & Cheese w/ Ham Slice	Assorted Pizza		
BBQ Pork Sandwich	American Sub	Hot Dogs		
Tuna Salad w/ Crackers	Tuna Salad w/ Crackers	Tuna Salad w/ Crackers		
Mixed Vegetables	Glazed Carrots	Refried Beans		
Baby Carrots w/ Dressing	Steamed Broccoli	Whole Kernel Corn		
Yeast Roll	Yeast Roll			

(Menu choices are subject to change without notice due to availability of items listed)