



North Tonawanda Middle School Lunch

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Special News... Daily Choices: Monday, Wednesday and Friday Cheese or Pepperoni Pizza Tuesday Plain or Spicy Chicken Patty Thursday Hamburger or Cheeseburger LUNCHES ARE FREE FOR ALL STUDENTS <i>Menus are subject to change without notice.</i>
1 	2 	3 Cheeseburger Chicken Chef Salad w/ Roll Veggie Beans, Grape Tomatoes Assorted Fruit	4 Chicken and Cheese Quesadilla Fruit and Yogurt w/ Goldfish Side Salad, Green Pepper Strips Assorted Fruit	5 Buffalo Chicken Pizza Popcorn Chicken Salad w/ Roll French Fries, Broccoli Assorted Fruit	
8 Taco in a Bag Egg Chef Salad w/ Roll Tater Tots, Broccoli Assorted Fruit	9 Cheese Pizza Sticks Beef Nacho Salad w/ Chips Baby Carrots, Green Peppers Orange Juice Assorted Fruit	10 Turkey and Gravy over Mashed Potatoes Chicken Chef Salad w/ Roll BBQ Beans, Corn Assorted Fruit	11 Wachos Fruit and Yogurt w/ Goldfish Side Salad, Red Pepper Strips Assorted Fruit	12 BBQ Chicken Sandwich Popcorn Chicken Salad w/ Roll Grape Tomatoes, Cauliflower Assorted Fruit	
15 	16 Buffalo Chicken Flatbread Beef Nacho Salad w/ Chips Celery and Carrot Sticks Apple Juice Assorted Fruit	17 Grilled Cheese Chicken Chef Salad w/ Roll French Fries, Cauliflower Assorted Fruit	18 Chicken and Cheese Quesadilla Fruit and Yogurt w/ Goldfish French Fries, Cucumbers Assorted Fruit	19 Orange Popcorn Chicken w/ Rice Popcorn Chicken Salad w/ Roll French Fries, Broccoli Assorted Fruit	
22 Beef Nachos Egg Chef Salad w/ Roll Side Salad, Broccoli Assorted Fruit	23 Lumberjack Bowl Beef Nacho Salad w/ Chips Baby Carrots, Green Peppers Orange Juice Assorted Fruit	24 Bacon Cheeseburger Chicken Chef Salad w/ Roll French Fries, Green Pepper Strips Assorted Fruit	25 Taco in a Bag Fruit and Yogurt w/ Goldfish BBQ Beans, Grape Tomatoes Assorted Fruit	26 Buffalo Chicken Pizza Popcorn Chicken Salad w/ Roll Side Salad, Broccoli Assorted Fruit	
29 BBQ Pulled Pork Sandwich Egg Chef Salad w/ Roll Corn, Red Pepper Strips Assorted Fruit	30 Buffalo Chicken Flatbread Beef Nacho Salad w/ Chips Celery and Carrot Sticks Apple Juice	31 Beef Nachos Chicken Chef Salad w/ Roll Mexi Rice, Broccoli Assorted Fruit	1 Cheese Pizza Sticks Fruit and Yogurt w/ Goldfish BBQ Beans, Grape Tomatoes Assorted Fruit	2 Pasta and Meatsauce Chicken w/ Rice Popcorn Chicken Salad w/ Roll French Fries, Broccoli Assorted Fruit	

Offered Daily:
Peanut butter and Jelly w/ Cheese stick

1% or Fat Free Milk



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