










Easton-Redding-Region 9 School Districts John Read Middle School Lunch Menu

**Week 1
January 2012**

Student Meal: \$3.00 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.50
Meals include, choice of 1% white or fat-free chocolate milk
(antibiotic and hormone-free)

| Station | Monday 1/2 | Tuesday 1/3 | Wednesday 1/4 | Thursday 1/5 | Friday 1/6 |
|--|--|---|---|---|---|
|  Favorite Comfort Foods & International Flavors | | Chicken Cacittore Steamed Brown Rice Garlic Bread Stick | <u>Beef Tacos</u> Soft or hard shell Shredded lettuce & Cheese, Salsa | <u>Hot Dog Bar</u> Chili, Cheese Sauce, Sauerkraut, Sweet Onion Relish | Gemelli Pasta With Sweet Italian Sausage Steamed Broccoli Dinner Roll |
|  Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily | <u>Today's Special</u> | <u>Today's Special</u> Grilled Cheese & Tomato on Whole Wheat | <u>Today's Special</u> Chicken Caesar Wrap | <u>Today's Special</u> Chipotle Cheeseburger | <u>Today's Special</u> Tuna Melt on Rye |
|  Anything in or on a crust | <u>Today's Special</u> | <u>Today's Special</u> Pepperoni | <u>Today's Special</u> French Bread | <u>Today's Special</u> Aloha Pizza | <u>Today's Special</u> BBQ Chicken |
|  | Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad | | | | |
|  | Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits | | | | |
|  |  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available | | | | |










To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal.
Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
(Excludes potatoes)



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**Week 2
January 2012**

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| Station | Monday 1/9 | Tuesday 1/10 | Wednesday 1/11 | Thursday 1/12 | Friday 1/13 |
|--|--|---|--|--|------------------------|
|  Favorite Comfort Foods & International Flavors | Buffalo Chicken Sliders Black Bean & Corn Salad | Pizza Dunkers Marinara Dipping Sauce Mixed Greens Salad | <u>BBO Meatloaf Grille</u> As a "dinner" or as a sandwich Seasoned Curly Fries | Japanese Teriyaki Chicken & Vegetable Steamed Rice | NO SCHOOL |
|  Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily | <u>Today's Special</u> Grilled Ham & Cheese with Chipotle Mayo on a Club Roll | <u>Today's Special</u> Turkey BLT Wrap | <u>Today's Special</u> Chicken Parmesan Grinder | <u>Today's Special</u> Grilled Chicken & Cheese Quesadillas | <u>Today's Special</u> |
|  Anything in or on a crust | <u>Today's Special</u> Roasted Red Pepper & Onion | <u>Today's Special</u> Sausage | <u>Today's Special</u> Buffalo Chicken | <u>Today's Special</u> Pepperoni | <u>Today's Special</u> |
|  | Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad | | | | |
|  | Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits | | | | |
|  |  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available | | | | |



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(Excludes potatoes)



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| Station | Monday 1/16 | Tuesday 1/17 | Wednesday 1/18 | Thursday 1/19 | Friday 1/20 |
|--|--|---|---|---|---|
|  Favorite Comfort Foods & International Flavors | NO SCHOOL MARTIN LUTHER KING DAY | Tri-Colored Nacho Bar Chili, Cheese Sauce, Salsa, Olives, Shredded Lettuce | Cheesy Mac & Cheese Sauteed Green Beans Dinner Roll | Crispy Chicken Tenders Mashed Potatoes Home-style Gravy Dinner Roll | Penne Pasta With Homemade Meatballs Marinara Sauce Cheesy Garlic Bread |
|  Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily | <u>Today's Special</u> | <u>Today's Special</u> Grilled Ham, Cheddar & Tomato on Rye | <u>Today's Special</u> BBQ Jack Burger | <u>Today's Special</u> Cobb Salad Wrap | <u>Today's Special</u> Crispy Chicken Ranch Wrap |
|  Anything in or on a crust | <u>Today's Special</u> | <u>Today's Special</u> Margarita Pizza | <u>Today's Special</u> Pizza Bagels | <u>Today's Special</u> Broccoli & Garlic | <u>Today's Special</u> Pepperoni |
|  | Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad | | | | |
|  | <u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits | | | | |
|  |  Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available | | | | |



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(Excludes potatoes)









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Week 4

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January 2012

| Station | Monday 1/23 | Tuesday 1/24 | Wednesday 1/25 | Thursday 1/26 | Friday 1/27 |
|--|--|---|--|--|---|
|  Favorite Comfort Foods & International Flavors | <u>Breakfast for Lunch</u> French Toast Sticks Turkey Sausage Apple Crisp | BBQ Pork Sandwich Confetti Cole Slaw Sweet Potato Fries | Open Faced Sloppy Joes Sautéed Broccoli with Garlic and Oil | Chicken Fajitas Shredded Lettuce & Cheese, Salsa Fiesta Rice | Baked Ziti Marinara or Meat Sauce Cheesy Garlic Bread |
|  Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily | <u>Today's Special</u> Chipotle Chicken Wrap | <u>Today's Special</u> Hot Ham & Cheese on a Bagel | <u>Today's Special</u> Fiesta Patty Melt | <u>Today's Special</u> Turkey & Cheddar Wrap | <u>Today's Special</u> Southwest Chicken Wrap |
|  Anything in or on a crust | <u>Today's Special</u> Meatball | <u>Today's Special</u> French Bread | <u>Today's Special</u> BBQ Chicken Flatbread | <u>Today's Special</u> Sausage & Pepper | <u>Today's Special</u> Pepperoni |
|  | Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad | | | | |
|  | <u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits | | | | |
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| Station | Monday 1/30 | Tuesday 1/31 | Wednesday 2/1 | Thursday 2/2 | Friday 2/3 |
|--|--|---|---|--|--|
|  Favorite Comfort Foods & International Flavors | Baked Chicken Parmesan Marinara Sauce Bowtie Pasta | Herbed Beef Italiano Steamed Mixed Vegetables Cheesy Garlic Bread | Sausage, Egg & Cheese on Bagel Baked Potato Rounds | Asian Spicy Chicken Stir Fried Vegetables Steamed Brown Rice | Penne with Grilled Chicken & Broccoli Marinara Sauce Dinner Roll |
|  Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily | <u>Today's Special</u> Chicken Caesar Salad Wrap | <u>Today's Special</u> Alpine Swiss Burger | <u>Today's Special</u> Turkey BLT | <u>Today's Special</u> Grilled Cheese & Tomato on Whole Wheat | <u>Today's Special</u> Buffalo Chicken Wrap |
|  Anything in or on a crust | <u>Today's Special</u> Ham & Pepper | <u>Today's Special</u> BBQ Chicken | <u>Today's Special</u> Roasted Veggie | <u>Today's Special</u> Pizza Bagels | <u>Today's Special</u> Pepperoni |
|  | Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad | | | | |
|  | Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits | | | | |
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