




Qualters Middle School

January 2024

Complete Breakfast and Lunch are free of charge for all students permanently!

Monday	Tuesday	Wednesday	Thursday	Friday
Welcome Back!	2 Assorted Cereal & Pastries	3 Strawberry Bagel	4 Assorted Muffin Flats	5 Warm Cinnamon Roll
	Cheese Pizza Mixed Veggies _____ Chicken Nuggets w/ Roll	Chicken Parm Sandwich on a Roll Side Salad _____ French Bread Pizza	Boom Boom Chicken Wrap Green Beans _____ Deep Dish Pizza	Original / Spicy Chicken Patty Sandwich on a Roll, California Blend Veggies Jolly Fruit Sidekick _____ Cheese Pizza
8 Benefit Bar	9 Honey Buns	10 Mini Pancakes	11 Early Riser Stuffed Hash Brown	12 Fruit & Yogurt Parfait
All Beef Hot Dog in a Roll Baked Beans _____ Cheese Pizza	BBQ Burger on a Roll Potato Emojis _____ Grilled Cheese Sandwich	Hot Honey Chicken and Waffles Baby Carrots w/ LF Dip _____ French Bread Pizza	Pizza Crunchers Green Beans Marinara Dip Cup _____ Crispy Chicken Tenders w/ Roll	Baked Ziti Alfredo Garlic Bread Stick Side Caesar Salad _____ Chicken Nuggets w/ Roll
15  No School	16 Breakfast Donut	17 Assorted Pastries & Cereal	18 Warm Cinnamon Roll	19 Sausage, Egg & Cheese Sandwich
	Garlic Cheese Pull Aparts Tomato Soup / Marinara Dip Cup Green Beans _____ Chicken Patty Sandwich	Early Release French Toast Sticks Sausage Links Hash Brown Patty _____ Chicken Nuggets w/ Roll	Teriyaki Chicken & Veg Dumplings Fried Rice, Fortune Cookie Oriental Blend Veggie _____ French Bread Pizza	Chicken Tender Bar Crispy Original, BBQ, or Buffalo Carrots, Dinner Roll _____ Deep Dish Pizza
22 Benefit Bar	23 Honey Buns	24 Mini Pancakes	25 Early Riser Stuffed Hash Brown	26 Assorted Pastries & Cereal
Mini Cheese Ravioli Green Beans Garlic Knot Roll _____ Crispy Chicken Tenders w/ Roll	Sausage, Egg & Cheese Croissant Tater Tots _____ Chicken Tenders w/ Roll	Mozzarella Sticks Marinara Dip Cup Mixed Veggies _____ Chicken Tenders w/ Roll	Chicken & Cheese Empanadas Mexican Rice Black Bean Salsa _____ Cheese Pizza	Early Release Mini Maple Pancakes Tater Tots Yogurt Cup _____ Chicken Nuggets w/ Roll
29 Bagel & Cream Cheese	30 Breakfast Donuts	31 Assorted Pastries & Cereal	Freshly Prepared Salads Available Daily *Located in the cooler at the register starting Monday, January 8th! Tossed Salad with Your Choice of Protein Topping. Popcorn Chicken, Grilled Chicken or Yogurt & Cheese Stick. All salads come with a side fruit, 1 dressing packet, milk and a dinner roll.	
Twisted Cheesy Breadsticks Marinara Dip Cup Mixed Veggies _____ Chicken Patty Sandwich	General Gau Chicken Brown Rice Broccoli _____ Grilled Cheese Sandwich	Early Release Snackin' Waffle Yogurt Cup Warm Cinnamon Apples _____ Chicken Nuggets w/ Roll		
Breakfast - Choose the menued breakfast or from an assortment of breakfast pastry, reduced sugar or low sugar cereals, toast, yogurt, and fruit / juice.		All lunches include Fruit, Veggies and Milk All breakfast include Milk & Fruit		
Menu Subject To Change Without Notice Due To Availability of Products				
If your child has a food allergy, you must contact the nurse's office at least yearly or as the condition changes.				