

January 2012

Middle School & Teacher Menu



	Tuesday	Wednesday	Thursday	Friday
Monday	3 Tossed Chef Salad with turkey egg, cheese, cucumbers Vegetarian sandwich with side garden salad	4 Taco Salad with tortilla chips Ham and Swiss deli sandwich with fresh orange wedges	5 Oriental Chicken Salad with a breadstick Turkey Club sandwich with broccoli bites	6 Mesclun greens salad with bleu cheese and diced egg, muffin Italian Hoagie sandwich with side mixed green salad
9 Spinach salad with chicken, dried cranberries, cheese and balsamic vinaigrette and a muffin Deli sandwich with baby carrots and broccoli bites	Cobb Salad with a Whole Grain Wheat Roll French dip with au jus and a crisp Washington apple	11 Cottage cheese stuffed tomato served with an herbed breadstick Turkey and cheddar sandwich with baby carrots and dipping sauce	12 Chicken Caesar salad with a baguette Dagwood sandwich with a crisp romaine side salad	13 Tossed greens with arugula, chicken, broccoli, peas, cucumbers with a biscuit Mt Hood ham sandwich with a garden crisp side salad
16 Martin L. King Holiday No School	17 Turkey chef salad with cinnamon bread Roast Beef and swiss sandwich with side garden salad	18 Apple walnut salad with string cheese and a roll Vegetarian sandwich with Yogurt and baby carrots	19 Taco Salad with a herbed breadstick Turkey and cheese on a croissant with fresh orange wedges	20 Mandarin chicken salad with baguette Tuna salad sandwich with broccoli salad
23 Mesclun greens salad with bleu cheese and diced egg, muffin Hummus with pita bread, broccoli and baby carrots	24 Baja salad with salsa and tortilla chips Turkey and Ham on a hoagie with pineapple wedges	25 Wedge salad with hard boiled egg and a warm biscuit Teriyaki chicken sandwich with side caesar salad	26 Spinach salad with chicken, dried cranberries, cheese and balsamic vinaigrette and a muffin Turkey Club sandwich with a Washington Apple	27 Lunch TBA (Public Schools-no School)
30 Cobb Salad with a whole grain wheat roll Roast beef and cheddar with watercress and baby carrots	31 Classic Chef salad with focaccia bread Vegetarian sandwich with side garden salad			
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