

January 2023 – Fridley Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, January 2 No School	Tuesday, January 3 Main: Calzones Steamed Broccoli Assorted Veg & Fruit Alt: Italian Sub	Wednesday, January 4 Main: Cheeseburger on Bun Crinkle Cut Fries Baked Beans Assorted Veg & Fruit Alt: Italian Sub	Thursday, January 5 Main: Chicken Alfredo with Pasta & Breadstick Mixed Veggie Salad Assorted Veg & Fruit Alt: Italian Sub	Friday, January 6 Main: French Toast Sticks Omelet Roasted Sweet Potatoes Assorted Veg & Fruit Alt: Italian Sub
Monday, January 9 Main: General Tso Chicken Brown Rice Sweet Chili Chips Chili Lime Chickpeas Assorted Veg & Fruit Alt: Brunch Bento Box	Tuesday, January 10 Main: Kick'n'Chicken Biscuit Mashed Potato Corn Assorted Veg & Fruit Alt: Brunch Bento Box	Wednesday, January 11 Main: Empanada Mexican Fixing Black Bean & Corn Salsa Assorted Veg & Fruit Alt: Brunch Bento Box	Thursday, January 12 Main: Mac'n'Cheese Chicken Tenders Garlic Green Beans Assorted Veg & Fruit Alt: Brunch Bento Box	Friday, January 13 Main: Mozz Bites Marinara Sauce Roasted Broccoli Chili Lime Chickpeas Assorted Veg & Fruit Alt: Brunch Bento Box
Monday, January 16 No School	Tuesday, January 17 Main: Mini Corn Dogs Steamed Corn Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Wednesday, January 18 Main: Turkey Chili Cornbread Loaf Mixed Veggie Salad Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Thursday, January 19 Main: Beef Sambusa Rice Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Friday, January 20 Main: Homemade Cheesy Bread Marinara Sauce Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait
Monday, January 23 Main: Crispy Chicken Sandwich Parmesan Potatoes Coleslaw Assorted Veg & Fruit Alt: Small PBJ, Cheese Stick, Cracker	Tuesday, January 24 Main: Asian Noodle Bowl Chicken Dumplings Assorted Veg & Fruit Alt: Small PBJ, Cheese Stick, Cracker	Wednesday, January 25 Main: Walking Beef Tacos Mexican Beans Mexican Fixings Assorted Veg & Fruit Alt: Small PBJ, Cheese Stick, Cracker	Thursday, January 26 No School	Friday, January 27 No School
Monday, January 30 Main: Hamburger or Cheeseburger on Bun Crinkle Cut Fries Bakes Beans Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Tuesday, January 31 Main: Penne Pasta with Marinara & Meatballs Garlic Bread Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Wednesday, February 1 Main: Cheeseburger on Bun Potato Wedges Baked Beans Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Thursday, February 2 Main: Crispy Chicken Drumstick Dutch Waffle Mixed Veggie Salad Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait	Friday, February 3 Main: Hangry Bear Pizza Roasted Carrots Assorted Veg & Fruit Alt: Fruit & Yogurt Parfait