



Lago Vista Intermediate / Middle School

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 No School	4 Cinnamon Breakfast Bun Pancake Breakfast Plate <u>Cereal & Crkrs / Yogurt & Muffin</u> Hot Dog / Chix Tenders & Roll Stuffed Baked Potato & Pretzel Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	5 Banana Muffin Chs / Ham / Egg Panini <u>Cereal & Crkrs / Yoqurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Thai Chix Tenders & Rice Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw French Toast Triple Berry	6 Morning Breakfast Sausage Roll Chocolate Glazed Donut <u>Cereal & Crkrs / Yoqurt & Muffin</u> Chix Sdw / Chix Tenders & Roll Chicken Nachos Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw Glazed Donut
9 Cinnamon Raisin Bagel Sausage, Egg & Cheese Sdw <u>Cereal & Crkrs / Yoqurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Cheesy Chix Alfredo Pasta & Brd	10 Egg, Bacon & Cheese Flatbread Chocolate Croissant <u>Cereal & Crkrs / Yoqurt & Muffin</u> Chix Sdw / Chix Tenders & Roll Beef Tortilla Bowl & Rice Pizza – Cheese or Pepperoni Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw	11 Cinnamon Breakfast Bun Pancake Breakfast Plate <u>Cereal & Crkrs / Yoqurt & Muffin</u> Hot Dog / Chix Tenders & Roll Stuffed Baked Potato & Pretzel Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	12 Sausage & Cheese Eng Muffin <u>Cereal & Crkrs / Yoqurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Fish Filet & Mac-n-Cheese Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw	13 Pancake on a Stick <u>Cereal & Crkrs / Yoqurt & Muffin</u> Hot Dog / Chix Tenders & Roll Cheesy Garlic Pull A Part Bread Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw
16 No School	17 Banana Muffin Chs / Ham / Egg Panini <u>Cereal & Crkrs / Yogurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Thai Chix Tenders & Rice Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	18 Cinnamon Breakfast Bun Pancake Breakfast Plate <u>Cereal & Crkrs / Yogurt & Muffin</u> Hot Dog / Chix Tenders & Roll Stuffed Baked Potato & Pretzel Pizza – Cheese or Pepperoni Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw Cinnamon Roll	19 French Toast Triple Berry Sausage & Cheese Eng Muffin <u>Cereal & Crkrs / Yogurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Fish Filet & Mac-n-Cheese Turkey & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	20 Glazed Donut Pancake on a Stick <u>Cereal & Crkrs / Yogurt & Muffin</u> Hot Dog / Chix Tenders & Roll Cheesy Garlic Pull A Part Bread Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw
23 Cinnamon French Toast Breakfast Pizza <u>Cereal & Crkrs / Yogurt & Muffin</u> Burgers / Chix Tenders & Roll Pizza – Cheese or Pepperoni Drumstick & Roll Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw	24 Blueberry Muffin Egg, Ham & Cheese Eng Muffin <u>Cereal & Crkrs / Yogurt & Muffin</u> Chix Sdw / Chix Nuggets & Roll Spaghetti & Meatballs Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	25 Egg, Sausage Link & Biscuit Plate <u>Cereal & Crkrs / Yogurt & Muffin</u> Hot Dog / Chix Tenders & Roll Sweet & Sour Chix & Rice Pizza – Cheese or Pepperoni Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw	26 Cherry Frudel Egg & Cheese Biscuit <u>Cereal & Crkrs / Yogurt & Muffin</u> Burgers / Chix Tenders & Roll Thanksgiving Lunch Pizza – Cheese or Pepperoni Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	27 Donut Maple Glaze Pancake on a Stick <u>Cereal & Crkrs / Yogurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Burger French Fry Bowl & Roll Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw
30 Cinnamon Raisin Bagel Sausage, Egg & Cheese Sdw <u>Cereal & Crkrs / Yoqurt & Muffin</u> Burger/Ch Burger/ Veg Burger Chix Nugs & Roll / Pizza-Chs/ Pep Cheesy Chix Alfredo Pasta & Brd Ham & Chs Salad & Roll Turkey or Sunbutter & Jelly Sdw	31 Egg, Bacon & Cheese Flatbread Chocolate Croissant <u>Cereal & Crkrs / Yogurt & Muffin</u> Chix Sdw / Chix Tenders & Roll Beef Tortilla Bowl & Rice Pizza – Cheese or Pepperoni Turkey & Chs Salad & Roll Ham or Sunbutter & Jelly Sdw		Breakfast Menu Fruit & Milk Offered Daily	Breakfast Prices Paid: \$1.75 Reduced \$3.00
			Lunch Menu Fruit, Vegetable and Milk offered daily	Lunch Prices Paid: \$2.90 Reduced \$4.00

Special News...

Our kitchen prepares and serves fresh nutritious foods daily

ALL grains are **WHOLE GRAINS**

Avoid Negative Account Balances:

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Menus are subject to change without notice.

IS - Meal Schedule:

Breakfast 7:15am to 7:40am
Lunch 1 10:45am to 11:15am
Lunch 2 11:20am to 11:55am

MS - Meal Schedule:

Breakfast 8:10am to 8:40am
Lunch 1 12:14pm to 12:45pm
Lunch 2 12:48pm to 1:18m

