

Roseville City School District

*This institution is an equal opportunity provider. Menus are subject to change.*

# MENUS FOR MIDDLE SCHOOL JANUARY 2025

# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

**2025** The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

**YEAR OF THE SNAKE**

## Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily LUNCH options:  
DELI SANDWICH  
LARGE SALAD  
PIZZA  
(select varieties)

Monday, January 6



### No School Today

Tuesday, January 7



### No School Today

Wednesday, January 8

**Breakfast**  
BREAKFAST SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHEESEBURGER & FRIES

Thursday, January 9

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TURKEY & GRAVY AND MASHED POTATOES

Friday, January 10

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN AND CHEESE BURRITO  
OR  
CRUNCHY FISH STICKS & CHIPS  
  
COOKIE

Monday, January 13

**Breakfast**  
BREAKFAST PIZZA  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)  
OR  
PASTA WITH MEAT SAUCE

Tuesday, January 14

**Breakfast**  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE SANDWICH  
OR  
BEEF TACO

Wednesday, January 15

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN PATTY SANDWICH

Thursday, January 16

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN BOWL


Friday, January 17

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI AND CHEESE  
OR  
CHICKEN TENDERS  
  
COOKIE

# FRUIT

## Coconut




In the tropics, coconut has long been prized for its “meat,” as well as for the water found inside and the oil made from the fruit. Coconut is rich in vitamins and minerals, including B-vitamins, iron, potassium, calcium, and healthy fats.

# OF THE MONTH

# Word of the Month

## judge·ment

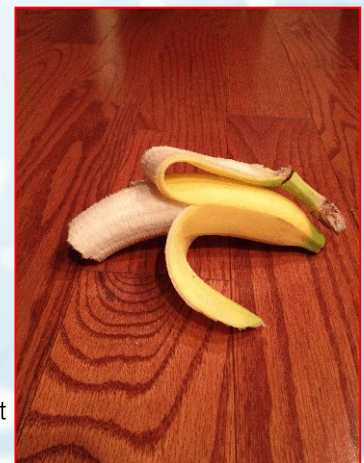
n. 1. the ability to assess situations and draw sound conclusions 2. good sense 3. an opinion formed after careful consideration



What's on YOUR plate?

# Leave it alone.

You've heard of the “5 second rule,” right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no “safe” amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

—MARTIN LUTHER KING, JR.

Monday, January 20  
**MLK Day**  
No School Today

**Tuesday, January 21**

**Breakfast**  
CHEESY BREADSTICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN & CHEESE EMPANADA  
OR  
BEEF TACO

**Wednesday, January 22**

**Breakfast**  
BREAKFAST SANDWICH  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHEESEBURGER & FRIES

**Thursday, January 23**

**Breakfast**  
MINI PANCAKES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
TURKEY & GRAVY AND MASHED POTATOES

**Friday, January 24**

**Breakfast**  
CINNAMON ROLL  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BEAN AND CHEESE BURRITO  
OR  
CRUNCHY FISH STICKS & CHIPS

COOKIE

**Monday, January 27**

**Breakfast**  
BREAKFAST PIZZA  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
BREAKFAST FOR LUNCH (MINI PANCAKES, HASHBROWN & YOGURT)  
OR  
PASTA WITH MEAT SAUCE

**Tuesday, January 28**

**Breakfast**  
YOGURT PARFAIT  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
GRILLED CHEESE SANDWICH  
OR  
BEEF TACO

**Wednesday, January 29**

**Breakfast**  
MINI WAFFLES  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESE PIZZA  
OR  
CHICKEN PATTY SANDWICH

**Thursday, January 30**

**Breakfast**  
CINNI MINI  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
CHEESY BREADSTICKS  
OR  
ORANGE CHICKEN BOWL

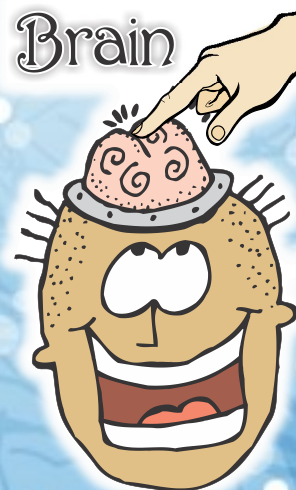
**Friday, January 31**

**Breakfast**  
FRENCH TOAST STICKS  
OR  
CONTINENTAL BREAKFAST

**Lunch**  
MACARONI AND CHEESE  
OR  
CHICKEN TENDERS

COOKIE

# Brain Ticklers



What do you get when you cross a snowman with a vampire bat?

(Hold the page upside down and read it in a mirror for the answer!)

FOOTNOT