





Holton Middle School January 30th – February 3rd 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white and 1% chocolate






Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>SWEET N SOUR CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Oriental Fried Rice Steamed Brown Rice</p> <p>Roasted Red and Green Bell Peppers</p> <p>Stir Fry Vegetables</p> <p>Crunchy Asian Topping</p> <p>Whole Grain Dinner Roll</p> <p>Sweet N Sour Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>ITALIAN PASTA BOWL:</p> <p>Bow Tie Pasta Whole Grain Penne</p> <p>Shredded Part Skim Mozzarella</p> <p>Steamed Broccoli</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Red Marinara Sauce with Meatballs Creamy Roasted Garlic Sauce</p> <p>Roma Herb Seasoning Blend</p>	<p>LATIN AMERICAN ROAST PORK BOWL:</p> <p>Puerto Rican Citrus Pork</p> <p>Rice & Beans Mashed Sweet Potatoes</p> <p>Tossed Salad w/ Light Dressing</p> <p>Seasoned Green Beans</p> <p>Spicy Lime Whole Wheat Tortilla Chips</p> <p>Salsa</p> <p>Orange Slice</p>	<p>ORANGE GINGER CHICKEN BOWL:</p> <p>Popcorn Chicken</p> <p>Steamed Brown Rice Fried Rice</p> <p>Fresh Steamed Broccoli</p> <p>Fresh Stir Fry Vegetables</p> <p>Sesame Breadstick</p> <p>Homemade Orange Ginger Sauce</p> <p>Chopped Green Onion</p>	<p>CHICKEN PARM BOWL:</p> <p>Breaded Chicken Cutlet</p> <p>Seasoned Pasta Whole Wheat Spaghetti</p> <p>Seasoned Mixed Veggies</p> <p>Roasted Italian Butternut Squash</p> <p>Fresh Baked Breadstick</p> <p>Red Marinara Sauce</p> <p>Shredded Part Skim Mozzarella</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Buffalo Chicken Slyders</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Jalapeno Turkey Burger on a Whole Wheat Bun</p> <p>Steamed Broccoli</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Chicken Tenders w/ Biscuit</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Salsa Chicken Wrap</p> <p>Fresh Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Cheese Steak Sandwich</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Pizza w/ Roasted Italian Vegetables</p>	<p>Cheeseburger Flatbread</p>	<p>Italian Stromboli w/ Tomato Dipping Sauce</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p>	<p>Cheese Fingers Rip and Dip</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Garden Cheese Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Crispy Chicken Popper Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Whole Wheat Dinner Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Fruit Goop</p> <p>Crunchy Spinach Salad</p> <p>Chilled Pears</p> <p>Fresh Orange Wedges</p>	<p>Carrot Sticks</p> <p>Homemade Coleslaw</p> <p>Fruit Goop</p> <p>Chilled Mixed Fruit</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas</p> <p>Chilled Applesauce</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/Croutons</p> <p>Chilled Pineapple</p> <p>Veggie Crudites Cup</p> <p>Fruit Goop</p>	<p>Fresh Apple</p> <p>Apple Salad Made w/ Fresh Local Apples</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Celery Sticks</p>

Holton Middle School

February 6th – 10th 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.






Daily milk choices include skim and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	ITALIAN PASTA BOWL: Bow Tie Pasta Whole Grain Rotini Shredded Part Skim Mozzarella Sliced Broccoli Butternut Squash Whole Wheat Toasted Garlic Bun Red Marinara Sauce with Meatballs Creamy Roasted Garlic Sauce Roma Herb Seasoning Blend	SIZZLING TACO SALAD BOWL: Spicy Taco Meat Whole Grain Tortilla Shell Rounds Mexican Corn Warm Baked Apple Slices Cinnamon Breadstick Cheese Sauce Fresh Roasted Tomato Salsa	BACKYARD BBQ BOWL: Fresh Roasted Southern Style BBQ Pork Cheesy Macaroni Cinnamon Sweet Potatoes Seasoned Green Beans Fresh Baked Biscuit Honey BBQ Sauce Chopped Green Onion	SAUCY CHICKEN BOWL: Pineapple Glazed Chicken Mashed Potatoes Bread Stuffing Made w/ Whole Wheat Seasoned Mixed Veggies Whole Grain Dinner Roll Pineapple Glaze Honey BBQ Sauce Green Parsley	ORANGE GINGER CHICKEN BOWL: Popcorn Chicken Steamed Brown Rice Oriental Fried Brown Rice Seasoned Carrots Fresh Stir Fry Veggies Sesame Breadstick Homemade Orange Ginger Sauce Chopped Green Onion
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	Buffalo Chicken Sandwich Roma Herb Potato Wedges Fresh Romaine Lettuce & Tomato	Salsa Chicken Wrap Broccoli w/ Shredded Cheddar Cheese Fresh Romaine Lettuce & Tomato	Turkey & Cheese Bagel Melt Cinnamon Sweet Potatoes Fresh Romaine Lettuce & Tomato	Fish Sandwich with Cheese on a Whole Wheat Bun (Sustainable Seafood) Mixed Vegetables Fresh Romaine Lettuce & Tomato	Chicken Parm Wrap Warm Baked Apple Slices Fresh Romaine Lettuce & Tomato
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	Margarita Flatbread	Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce	Veggie Lover's Pizza on Whole Grain Crust	Triple Decker Bean Tostados w/ Salsa	Philly Cheese Steak Pizza on Whole Grain Crust
 <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	Garden Cheese Salad w/ Crackers Fruit Yogurt Parfait w/ Granola Topping	Oriental Chicken Salad w/ Crunchy Asian Topping Fruit Yogurt Parfait w/ Granola Topping	Breaded Chicken Caesar Salad w/ Croutons Fruit Yogurt Parfait w/ Granola Topping	Catalina Turkey Club Salad w/ Crackers Fruit Yogurt Parfait w/ Granola Topping	Deli Chef Salad w/ Crackers Fruit Yogurt Parfait w/ Granola Topping
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit Carrot Sticks	Carrot Sticks Tossed Salad in Light Dressing Fresh Pears	Caesar Romaine Side Salad w/ Croutons Fresh Local Apples Chilled Peaches	Tossed Salad w/ Light Dressing Petite Bananas Chilled Mixed Fruit	Carrot Sticks Spinach Romaine Salad w/Strawberries Cinnamon Applesauce

Holton Middle School February 13th – 17th 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>MASHED POTATO BOWL:</p> <p>Breaded Popcorn Chicken</p> <p>Mashed Potatoes Seasoned Corn Roasted Carrot Fries</p> <p>WG Bread Stick</p> <p>Homemade Chicken Gravy</p> <p>Fresh Shredded Carrot</p>	<p>NORTHEAST ASIAN RICE BOWL:</p> <p>Korean Braised Ribbie</p> <p>Oriental Fried Rice Steamed Brown Rice</p> <p>Fresh Carrots & Onions Bok Choy with Garlic and Ginger</p> <p>Crunchy Asian Topping</p> <p>Garlic Sesame Sauce</p> <p>Fresh Chopped Green Onion</p>	<p>NACHO BOWL:</p> <p>Spicy Turkey Taco Meat</p> <p>Cilantro Lime Brown Rice Whole Grain Corn Tortilla Shell Rounds</p> <p>Corn & Black Bean Salad Fresh Homemade Salsa</p> <p>Cinnamon Breadstick</p> <p>Homemade Cheese Sauce</p>	<p>AMERICAN DINER BOWL:</p> <p>Roast Turkey w/ Gravy</p> <p>Bread Stuffing Made w/ Whole Wheat</p> <p>Mashed Potatoes Seasoned Corn</p> <p>Whole Grain Dinner Roll</p> <p>Turkey Gravy</p> <p>Cranberry Sauce</p>	<p>ITALIAN PASTA BOWL:</p> <p>Saucy Italian Meatballs</p> <p>Curly Rotini Pasta</p> <p>Fresh Steamed Veggie Medley</p> <p>Toasted Whole Grain Garlic Bun</p> <p>Red Marinara Sauce</p> <p>Roma Herb Seasoning Blend</p>
 <p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Hot Chili Burger w/ Monterey Jack</p> <p>Broccoli w/ Shredded Cheese</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</p> <p>Roasted Carrot Fries</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Pizza Burger on a Whole Wheat Bun</p> <p>Baked Potato</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Country Skillet Breakfast Wrap</p> <p>Green Beans</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Thanksgiving Wrap</p> <p>Cheese Quesadilla with Yogurt Salsa</p> <p>Steamed Veggie Medley</p> <p>Fresh Romaine Lettuce & Tomato</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Red Hot Chicken Pizza</p>	<p>Chicken Tostado Flatbread</p> <p>Whole Wheat Pizza Bagels</p>	<p>Hawaiian Pizza on Whole Grain Crust</p> <p>Cheese Finger Rip & Dips w/ Tomato Dipping Sauce</p>	<p>Pepperoni Pizza on Whole Grain Crust</p> <p>Hot Taco Pocket</p>	<p>Ham & cheese Stromboli</p>
 <p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Deli Chef Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Cobb Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Popcorn Chicken Salad w/ Homemade Spicy Dressing</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chicken Caesar Salad w/ Croutons</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Garden Cheese Salad with Crackers</p> <p>Santa Fe Turkey & Cheddar Wrap</p> <p>Honey Mustard Chicken Pasta Salad</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
 <p>Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	<p>Sweet Corn Salad</p> <p>Romaine Tossed Salad</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges</p>	<p>Celery Sticks</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Fresh Pears</p>	<p>Sweet Corn Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Local Apples</p> <p>Chilled Peaches</p>	<p>Tossed Salad w/ Light Dressing</p> <p>Corn & Black Bean Salad</p> <p>Petite Bananas</p> <p>Chilled Mixed Fruit</p>	<p>Sweet Corn Salad</p> <p>Carrot Sticks</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce</p>

Holton Middle School

February 20th – 24th 2012

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>	No Lunch	<p>MEDITERRANEAN BOWL:</p> <p>Tarragon Marinated Chicken</p> <p>Brown Veggie Rice</p> <p>Roasted Italian Vegetables</p> <p>Warm Whole Wheat Pita Bread</p> <p>Homemade Taziki Sauce</p> <p>Chopped Green Onion</p>	<p>FAJITA BOWL:</p> <p>Fajita Chicken</p> <p>Cilantro Lime Chips</p> <p>Black Beans</p> <p>Roasted Bell Pepper & Onion</p> <p>Roasted Tomato Salsa</p> <p>Whole Grain Tortilla</p> <p>Shredded Cheddar</p> <p>Chopped Cilantro</p>	<p>MOM'S MASHED POTATO BOWL:</p> <p>Herb Roasted Chicken</p> <p>Mashed Potatoes</p> <p>Fresh Glazed Carrots</p> <p>Sweet Peas</p> <p>Whole Wheat Toasted Garlic Bun</p> <p>Homemade Chicken Gravy</p> <p>Fresh Parsley</p>	<p>BRUNCH FOR LUNCH BOWL:</p> <p>Scrambled Eggs, Crumbled Sausage</p> <p>Herb Roasted Potatoes</p> <p>Fresh Orange Wedges</p> <p>Warm Baked Apple Slices</p> <p>Whole Wheat Pancake Warm Syrup</p> <p>Shredded Cheddar</p>
<p>Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>		<p>Philly Cheese Steak on a Roll</p> <p>Fruit Crisp</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Alpine Swiss Burger on WG Bun</p> <p>Roma Herb Potato Wedges</p> <p>Fresh Romaine Lettuce & Tomato</p>	<p>Breaded Popcorn Chicken w/ Toasted Garlic Bun</p> <p>Sweet Peas</p> <p>Fresh Romaine & Tomato</p>	<p>Meatball Parmesan Pizza Wrap</p> <p>Warm Baked Apple Slices</p> <p>Fresh Romaine Lettuce & Tomato</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>		<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce</p>	<p>Chicken & Roma Tomato Whole Grain Pita Pizza</p>	<p>Turkey & Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Ham and Pineapple Pizza on Whole Grain Crust</p>
<p>Fresh Food Fast-Packaged for Grab N' Go</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>		<p>Wild Greens Antipasto Salad w/ Dinner Roll</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Breaded Chicken Caesar Salad w/ Croutons</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Catalina Turkey Club Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>	<p>Chunky Tuna Salad w/ Crackers</p> <p>Fruit Yogurt Parfait w/ Granola Topping</p>
<p>Cold Fruit & Vegetable Bar Offered Daily</p> <p>Featuring fresh seasonal produce including local items as available</p> <p>\$1.95 full price or \$0.40 reduced includes: entrée, fruit and veggie</p>		<p>Fresh Local Apples</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Fruit Crisp</p>	<p>Chilled Pineapples</p> <p>Green Goddess Pasta Salad</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Caesar Romaine Salad w/Croutons</p> <p>Chilled Pears</p> <p>Apple Salad</p> <p>Green Goddess Pasta Salad</p>	<p>Chilled Cinnamon Applesauce</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing</p> <p>Pear Raisin Salad</p>