



This Institution is an Equal Opportunity Employer

JANUARY 2021

Mt Ararat Middle School

All Meals are free for the school Year
Menu Subject to change without notice



Monday

Tuesday

Wednesday

Thursday

Friday



1
Winter Break
No School

4
Quesadilla
OR
Beef & Cheese Taco
Spanish Rice
Black Bean & Corn Salad
Milk

5
Eagle Sampler
Chicken Wings, Motz Cheese Stick, FF
OR
Shrimp Poppers
Carrots & Dip
Milk

6
Weekly Meal Pick Up

7
Quesadilla
OR
Beef & Cheese Taco
Spanish Rice
Black Bean & Corn Salad
Milk

8
Eagle Sampler
Chicken Wings, Motz Cheese Stick, FF
OR
Shrimp Poppers
Carrots & Dip
Milk

11
Peperoni Munchable
OR
French Toast, Sausage
Maple Carrots & Mixed Fruit
Milk

12
Chicken Broccoli Alfredo
WG Roll
OR
Pasta & Red Sauce
Tossed Salad & Wg Roll
Milk

13
Weekly Meal Pick Up

14
Peperoni Munchable
OR
French Toast, Sausage
Maple Carrots & Mixed Fruit
Milk

15
Chicken Broccoli Alfredo
WG Roll
OR
Pasta & Red Sauce
Tossed Salad & Wg Roll
Milk

18
Martin Luther King Jr Day
No School

19
Chicken Noodle Soup & Grilled Cheese
Side Salad
OR
Hot Ham & Cheese Sandwich
Fun Chips
Applesauce
Milk

20
Macaroni & Cheese
Peas & WG Roll & Peaches
OR
Rib B Que Sandwich
Coleslaw
Peaches
Milk

21
Chicken Noodle Soup & Grilled Cheese
Side Salad
OR
Hot Ham & Cheese Sandwich
Fun Chips
Applesauce
Milk

22
Macaroni & Cheese
Peas & WG Roll & Peaches
OR
Rib B Que Sandwich
Coleslaw
Peaches
Milk

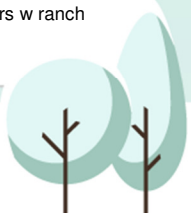
25
Teriyaki Bites, Fried Rice
Egg Roll & Pinapple
OR
Chicken Bacon Ranch Flatbread
Baby Tomato & Pineapple
Milk

26
Pizza, Sunchips
Cucumbers w/ranch
OR
Italian Sandwich
Sunchips Cucumbers w ranch
Milk

27
Weekly Meal Pick Up

28
Teriyaki Bites, Fried Rice
Egg Roll & Pinapple
OR
Chicken Bacon Ranch Flatbread
Baby Tomato & Pineapple
Milk

29
Pizza, Sunchips
Cucumbers w/ranch
OR
Italian Sandwich
Sunchips Cucumbers w ranch
Milk



Should you have any questions or special requests, please email dicarak@link75.org