



Barberton middle school

LOVE TO Try New Foods



You want to eat a variety of fruits, vegetables, lean protein, and whole grains. You want to eat healthier. But you also want macaroni and cheese. ALWAYS.

Have A Shopping Day

Making eating fun will get you excited to try new foods. Make a trip to the store with your family and together pick out five new healthy foods that many of you have not tried before so that you can try each one through the week. You will be a more adventurous eater before you know it!



lunch PROGRAM

Barberton Middle School now offers a variety of lunches to include this Posted Daily Menu for \$2.75, or for \$3.00 students may enjoy a fresh-baked pizza lunch or a large specialty salad lunch. The Middle School cafeteria will also be offering a variety of lunch choices in addition to this Posted Daily Menu.

These choices will include:

- ☆ cold and hot sandwiches and wraps
- ☆ large specialty salads
- ☆ fresh baked pizzas on honey wheat crust

All eligible free and reduced students may have any lunch for free or at the reduced price of 40¢. Please refer to the Posted Daily Menu to help you determine your lunch choice.

As part of our commitment to promoting a healthy lifestyle, seasonal fresh fruit and fresh vegetable choices will also be offered daily.

Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 28 Hot Dog on Bun -OR- Turkey & Mozzarella on WG Wheat Bun Honey Chipotle Baked Beans Potato Smiles Chilled Applesauce Cup	JANUARY 29 Sloppy Nachos -OR- Terriyaki Beef Dippers with Honey Wheat Roll Whole Kernel Corn Manager's Choice Fresh Veggie Mixed Fruit WG Carnival Cookie	JANUARY 30 Tyson Chicken Patty on Wheat Bun -OR- Honey BBQ Beef Rib-B-Que on Luigi Bun Green Beans Broccoli and Cauliflower Oven Fried Apples	JANUARY 31 All American Burger -OR- Mini Corn Dogs Baked Tater Tots Fresh Pepper Strips Chilled Pineapples & Oranges	FEBRUARY 1 Cheese Quesadilla -OR- Beef Chili with WG Pretzel Rod Mixed Green Salad with Fat Free Cherry Vinaigrette Dressing Carrots with Ranch Chilled Peaches WG Goldfish Colors
FEBRUARY 4 Boneless Chicken Wings -OR- Sea Shapes Multi Grain Breadstick Colossal Crisp Fries Manager's Choice Fresh Veggie Chilled Peaches	FEBRUARY 5 Tyson Chicken Fajita Soft Taco with Cup O' Fixin's -OR- Mini Sub Whole Kernel Corn Black Bean Salad Chunky Fruit Cup WG Teddy Cinnamon Grahams	FEBRUARY 6 Two Gilardi Stuffed Cheesy Stix with Dipping Sauce -OR- Rib-B-Que on Luigi Bun Broccoli Salad Manager's Choice Fresh Veggie Chilled Pineapple	FEBRUARY 7 Pasta with Meat Sauce -OR- Popcorn Chicken WG Garlic Toast Mixed Green Salad Baby Carrots with Ranch Applesauce Cup	FEBRUARY 8 Cheeseburger -OR- Southwest Burger Each on Wheat Bun Crissscut Fries Country Coleslaw Mixed Fruit
FEBRUARY 11 Tyson Chicken Nuggets with Multi Grain Breadstick -OR- Hot Dog on WG Bun Cheddar Potato Munchers Cukes and Grape Tomatoes Tropical Fruit	FEBRUARY 12 Meatball Sub -OR- Tyson Chicken Patty on Bun Baked Beans Seasoned Fries Chilled Applesauce Cup	FEBRUARY 13 MAGIC ★ TIME Cheese Ravioli -OR- Corndog on a Stick Baked Tater Tots Baby Carrots with Ranch Fresh Fruit In Season	FEBRUARY 14 Happy Valentine's Day Spicy Chicken Patty on Multigrain Bun -OR- Chicken Quesadilla Mixed Green Salad with Fat Free Dressing Broccoli with Ranch Chilled Mandarin Oranges WG Otis Carnival Cookie	FEBRUARY 15 NO SCHOOL FOR STUDENTS STAFF TRAINING DAY
FEBRUARY 18 NO SCHOOL PRESIDENT'S DAY 	FEBRUARY 19 Tyson Chicken Fingers -OR- Franks & Beans Dinner Wheat Roll Seasoned Fries Carrot Sticks Pineapples & Oranges	FEBRUARY 20 Sloppy Nachos -OR- Smoked Turkey with Pepperjack on Wheat Bun Sweet Rib Cut Fries Celery Sticks Fresh Pears or Apples with Caramel Sauce	FEBRUARY 21 Baked Chicken -OR- Salisbury Steak WG Split Top Roll with Butter Mashed Potatoes with Gravy Steamed Broccoli with Cheese Sauce Tropical Fruit	FEBRUARY 22 Mexican Pizza -OR- Two Gilardi Stuffed Cheesy Stix with Dipping Sauce Mixed Green Salad with Fat Free Dressing Fresh Pepper Strips Applesauce Cup WG Otis Chocolate Chip Cookie
FEBRUARY 25 Buffalo Grilled chicken on Wheat Bun -OR- Shaved Ham & Honey Mustard on Wheat Bun Sweet Potato Fries Celery Sticks Pineapples & Oranges Orchard Fruit Snack	FEBRUARY 26 Charbroiled Hamburger on Wheat Bun -OR- Hot Dog on Wheat Bun Crinkle Cut Fries Short Cut Carrots Chilled Mixed Fruit	FEBRUARY 27 Tyson Chicken Nuggets -OR- Sea Shapes Dinner Wheat Roll Seasoned Green Beans Fresh Broccoli and Cauliflower with Ranch Fresh Fruit In Season	FEBRUARY 28 Taco Salad -OR- Chicken Tenders South of the Border Tortilla chips Whole Kernel Corn Applesauce Cup	MARCH 1 Philly Beef Steak -OR- Tuna Salad Each on a Luigi Bun Mixed Green Salad with Fat Free Cherry Vinaigrette Dressing Manager's Choice Fresh Veggies Chilled Peaches
When available, Chef Salad with Whole Grain Roll and Milk is offered daily as an alternate meal. Pint of 1% White or Flavored Milk is offered daily. Additional Milk is 50¢. We care about healthy options! Look for WG on the menu anywhere we offer a Whole Grain choice for you.				

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY.

