

# Waltham Middle School Menu



**Waltham School Nutrition**  
Feeding Hungry Minds



**Meal Pricing**  
Lunch Full Price \$2.25      Breakfast Full Price \$1.00  
Lunch Reduced \$ .40      Breakfast Reduced \$ .40

**Pre-Pay Online**  
Myschoolbucks.com



Pay by cash or check (WPS Food Service) at school

*Breakfast Served Daily!*

## JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FOLLOW US ON:</b> Find us on  Facebook Follow us on  Instagram Follow us on  Twitter</p>		<p><b>2 Soup &amp; Sandwich</b> Grilled Cheese Panini Chicken Noodle Soup Cape Cod Potato chips Baby Carrots w/Ranch Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>3 Mini Pot Pies</b> Mini Chicken Pot Pies Whipped Potatoes Side of Butternut Squash Whole Grain Roll Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>4 Parfait Day!</b> Belgian Waffle Sticks Bacon &amp; Cheese EGG- Stravaganza <b>Very Berry</b> Parfaits Potato Hash Mash Fresh Fruit Variety</p>
<p><b>7 Wings of Fire</b>  Buffalo Wings of Fire Seasoned Fries Honey Wheat Roll Carrots &amp; Celery Sticks Side of Sauce Dippers Fresh Fruit Variety</p>	<p><b>8 Mama Mia's</b> Italian Style Meatballs Tomato Basil Penne Pasta Twisted Garlic Bread Fresh Garden Side Salad Fresh Berry Cup</p>	<p><b>9 Cha.. Cha...Cha</b> Crispy Chicken Tenders Creamy Mashed Potatoes Sweet Corn &amp; Carrots Buttermilk Biscuit Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>10 The North End</b> Alfredo Chicken &amp; Broccoli Pasta Fresh Caesar Salad Fantini Italian Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>11 Red Dragon Bowl</b> General Tso Chicken Asian Stir Fried Rice Sesame Vegetables Assorted Fruit Cups Fresh Fruit Variety <b>*Fortune Cookie*</b></p>
<p><b>14 Dip IT Up!</b> Mozzarella Sticks Side of Marinara Sauce Sweet Golden Corn Chop Chop House Salad Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>15 Nacho Time!</b> Beefy Tex-Mex Nachos with all the topping's Cilantro Lime Rice Lettuce, Tomato, Cheese Salsa &amp; Sour Cream Fresh Fruit Variety</p>	<p><b>16 Baked Potato Bar</b> ~ <b>Build Your Own</b> ~ Fresh Baked Potato Cheese, Bacon, Chili Fire Roasted Broccoli Sweet &amp; Salty Cornbread Fresh Fruit Variety</p>	<p><b>17 Turkey TIME!</b> Roasted Turkey Dinner Mashed Potatoes &amp; Gravy, Garlic Herb Butternut Squash Fresh Honey Wheat Roll Fresh Fruit Variety</p>	<p><b>18 EARLY RELEASE</b> French Toast Sticks Cheesy Scrambled Eggs Sausage &amp; Hash Browns Tropical Fruit Salad Assorted Fruit Cups Fresh Fruit Variety</p>
<p><b>NO SCHOOL</b> We accept Applications all school year. Please apply online at:  <a href="http://www.heartanddapps.com">www.heartanddapps.com</a></p>	<p><b>22 Little Italy</b> Zesty Baked Ziti Garden Peas &amp; Carrots Fresh Caesar Salad Garlic Parmesan Bread Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>23 The Big Burrito</b> Fiesta Chicken Burrito Corn, Black Beans &amp; Cilantro Lime Rice Lettuce, Tomato, Cheese Salsa &amp; Sour Cream Fresh Fruit Variety</p>	<p><b>24 Everyone's Favorite</b> Macaroni &amp; Cheese Lemon Zest Broccoli Fresh Baked Roll Assorted Fruit Cups Fresh Fruit Variety <b>*Carnival Sugar Cookie*</b></p>	<p><b>25 Pizza Pizza Party!</b> All.The.Flat Bread Pizza's Cheese, Pepperoni, Veggie and more! Garden Side Salad Tropical Fruit Salad Fresh Fruit Variety</p>
<p><b>28 The Sub Shop</b> Meatball &amp; Mozzarella Sub Sandwich Crispy French Fries Greek Inspired Salad Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>29 Nacho Time!</b> Mexi- Nachos or Burrito with all the topping's Spanish Rice &amp; Beans Lettuce, Tomato, Cheese Salsa &amp; Sour Cream Fresh Fruit Variety</p>	<p><b>30 Chicken &amp; Waffles</b> Crispy Chicken Tenders Cinnamon Maple Waffles Sweet Strawberry Sauce Mini Hash Brown Bites Assorted Fruit Cups Fresh Fruit Variety</p>	<p><b>31 Waltham's Own</b> Crusty Cuban Sandwich Pork, Cheese, Pickles &amp; Special Mustard Sauce Red Roasted Potatoes Kicked up!!! Cole Slaw Assorted Fruit Cups</p>	

## ENTREES & SIDES AVAILABLE DAILY

**Hot off the Grill:** Crispy Chicken Sandwich, Cheeseburger, Hot Dog or Specialty Sub served with Crispy French Fries

**Pizza By the Slice:** Cheese, Pepperoni, Specialty Slices & Calzones served with Fresh Garden Side Salad

**Grab-N-Go Entrées:** Variety of Cold Sandwiches, Entrée Salads, Yogurt Parfaits and Smoothie Meals

**Sides:** Choice of Assorted Cupped Fruit, Fresh Fruit Variety, Baby Carrots, Veggie Dippers,  
Raisins, 100% Juice and Milk Variety ~Menu subject to change ~ Equal Opportunity Provider~