

# Jan 2012 Middle School Lunch

**Student \$2.90**

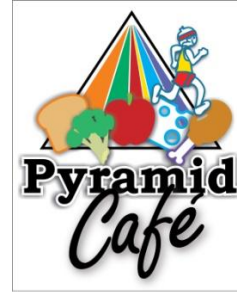
Pay online!

<https://www.lunchmoneynow.com/lmnlkt/Main.htm>

Sign up to receive e-mail alerts when your child's account runs low!



## Lake Travis ISD





+Beef ~Poultry "Pork ^Fish }Vegetarian







Visit this very cool website!

Learn great stuff & have fun too!

[http://kidshealth.org/kid/stay\\_healthy/body/fit\\_kid.html#cat118](http://kidshealth.org/kid/stay_healthy/body/fit_kid.html#cat118)

<p>2</p>	<p><b>3 Welcome Back!</b>          ~SPICY Chicken Strips Basket          }Mozzarella Sticks w/ Marinara          }Main Dish Pasta &amp; Cheese          Main-Dish Salads          Hot Garlic Bread Sticks          Sweet Potato "Fries"          Garden Green Beans          Fruit &amp; Salad Station          Variety of Milk</p>	<p>4</p> <p>+Beef Enchiladas          "Ham &amp; Cheese on a Croissant          Steaming Baked Potato w/ Toppings          Main-Dish Salads          Jalapeno Corn Bread          Refried Beans          Sweet Baby Carrots          Fruit &amp; Salad Station          Variety of Milk</p>		<p>5</p> <p>+Beef Burger Basket          }Garden Burger Basket          ^Fish Strips Basket          Steaming Baked Potato w/ Toppings          Main-Dish Salads          Hush Puppies          Baked "Fries"          Popeye's Casserole          Fruit &amp; Salad Station          Variety of Milk</p>	<p>6</p> <p>+ or }          Create a Burrito          }Vegetarian Bean Chalupa          Steaming Baked Potato w/ Toppings          Main-Dish Salads          Mexicali Rice          Fiesta Corn          Fruit &amp; Salad Station          Variety of Milk</p>
<p>9</p> <p>~Chicken Strips Basket          +Sloppy Joe on Wheat Bun          }Steaming Baked Potato w/ Toppings          Main-Dish Salads          Hot Garlic Bread Sticks          Baked "Fries"          Vegetable du Jour          Fruit &amp; Salad Station          Variety of Milk</p>	<p>10</p> <p>+Baked Beef Lasagna          ~Corn Dog Babies          Steaming Baked Potato w/ Toppings          Main-Dish Salads          Homemade Garlic Bread          Fresh Zucchini          Fruit &amp; Salad Station          Variety of Milk</p>	<p>11</p> <p>Harvest Whole Grain Pizza Wedge          }Cheese or "Pepperoni"          "Pork Egg Roll          Steaming Baked Potato w/ Toppings          Main-Dish Salads          Steamed Brown Rice w/Peas &amp; Carrots          Asian Veggies          Fruit &amp; Salad Station          Variety of Milk</p>		<p>12</p> <p>+Crispy Steak Fingers w/Country Gravy          ~Chicken Quesadillas          }Steaming Baked Potato w/ Toppings          Main-Dish Salads          Classic Hot Roll          Whipped Potatoes          Fresh Broccoli Florets          Fruit &amp; Salad Station          Variety of Milk</p>	<p>13</p> <p>*Turkey Club Kaiser          }Breaded Mozzarella Sticks w/ Marinara          }Steaming Baked Potato w/Toppings          Main Dish Salads          Corn-on-the-Cob          Fruit &amp; Salad Station          Variety of Milk</p>

<p>16</p> <p><b>MLK Day</b></p>  <p><b>Student Holiday</b></p>	<p>17</p> <p><i>Soft or Crispy</i></p> <ul style="list-style-type: none"> <li>+Beef or }Bean Tacos</li> <li>}Queso &amp; Chips</li> <li>}Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Mexicali Brown Rice</li> <li>Refried Beans</li> <li>Fresh Squash Medley</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>French Bread Pizza</li> <li>}Cheese or "Pepperoni"</li> <li>~Turkey Tetrazzini</li> <li>Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Popeye's Casserole</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	 <p><b>Eating healthy + daily exercise makes you strong!</b></p>	<p>19</p> <ul style="list-style-type: none"> <li>+Beef Slider Basket</li> <li>}Garden Burger Basket</li> <li>~Spicy Chili Dog</li> <li>}Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Baked "Fries"</li> <li>Sweet Baby Carrots</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Oven "Fried" Catfish with Macaroni &amp; Cheese</li> <li>"Glazed Ham Slice"</li> <li>}Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Hush Puppies</li> <li>Vegetable du Jour</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>~Chicken Strips Basket</li> <li>"Pork Egg Roll"</li> <li>}Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Blueberry Muffin</li> <li>Baked "Fries"</li> <li>Asian Vegetables</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Spaghetti &amp; + Italian Meat Sauce</li> <li>~Corn Dog Babies</li> <li>}Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Hot Garlic Bread Sticks</li> <li>Herbed Italian Veggies</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Harvest Whole Grain Pizza Wedge</li> <li>}Cheese or "Pepperoni"</li> <li>~Roast Turkey &amp; Gravy</li> <li>Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Classic Hot Roll</li> <li>Whipped Potatoes</li> <li>Steamed Peas &amp; Carrots</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p><b>Try our daily main dish salads!</b></p> 	<p>26</p> <ul style="list-style-type: none"> <li>~Chicken Fajitas</li> <li>+Brooklyn Meat Ball Sub</li> <li>Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Mexicali Rice</li> <li>Charro Beans</li> <li>Fresh Broccoli Florets</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>~Heart-Healthy Chili &amp; Tortilla Scoops</li> <li>~Spicy Buffalo Chicken Sandwich</li> <li>Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Bavarian Dark Roll</li> <li>Corn-on-the-Cob</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>
<p>30</p> <ul style="list-style-type: none"> <li>~SPICY Chicken Strips Basket</li> <li>}Mozzarella Sticks w/ Marinara</li> <li>}Main Dish Pasta &amp; Cheese</li> <li>Main-Dish Salads</li> <li>Hot Garlic Bread Sticks</li> <li>Sweet Potato "Fries"</li> <li>Garden Green Beans</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>+Beef Enchiladas</li> <li>"Ham &amp; Cheese on a Croissant"</li> <li>Steaming Baked Potato w/ Toppings</li> <li>Main-Dish Salads</li> <li>Jalapeno Corn Bread</li> <li>Refried Beans</li> <li>Sweet Baby Carrots</li> <li>Fruit &amp; Salad Station</li> <li>Variety of Milk</li> </ul>				<p><i>To file a complaint of discrimination, write U. S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.</i></p>