

CITRUS FRUITS ARE AN EXCELLENT SOURCE OF VITAMIN C,
WHICH HELPS KEEP THE IMMUNE SYSTEM HEALTHY.

**SIMPLY
GOOD**

Kramer Middle School Lunch Menu

January 4 - 8

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Steak & Cheese on Whole Grain Roll with Onions and Peppers	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Lettuce Wraps Lo Mein Noodles Veggie Patty Chicken Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Caribbean Jerk Chicken w/ Brown Rice
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grill	Turkey Salami on Whole Grain Roll w/ Mustard	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Sweet Potato Fries Green Beans Italiano Diced Pears Assorted Fruit	Mashed Potatoes w/ Gravy Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit
 Deli	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Sliced Button Mushrooms , Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Diced Turkey Ham, Sliced Eggs, Garlic Croutons , 2 Whole Grain Garlic Breadsticks				



Kramer Middle School Lunch Menu

January 11 - 15

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Ukranian Chicken w/ Whole Grain Garlic Bun	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Lettuce Wraps Lo Mein Noodles Veggie Patty Chicken Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Teriyaki Chicken w/ Ginger Lime Brown Rice
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings	Pizza Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grill	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Sweet Potato Mash Fresh Cucumber & Tomato Salad Fresh Local Apple Assorted Fruit	Fresh Roma Roasted Local Red Potatoes Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots Vegetarian Bean Dip w/Homemade Tortilla Chips Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Celery Sticks w/ Light Dressing Fresh Banana Assorted Fruit	Roasted Broccoli Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit
 Deli	Start With: Assorted Whole Grain Breads, Rolls, & Wraps Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad Top With: Mustard, Mayo, Salad Dressing Finish With: Lettuce, Tomato, Sliced Red Onions				
 Salad	Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers , Shredded Fresh Carrots, Sliced Button Mushrooms , Sliced Radishes, Fresh Jicama Top With: Shredded Cheddar Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans Finish With: Buffalo Chicken, Sliced Eggs , Garlic Croutons, 2 Whole Grain Garlic Breadsticks				

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Kramer Middle School Lunch Menu

January 18 - 22

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International		Whole Grain Spaghetti w/ Beef Meatballs	Burrito, Salad Bowl or Nachos Turkey Taco Meat Cilantro Lime Chicken Veggie Refried Beans Spanish Brown Rice Corn Salsa Pico de Gallo	Lettuce Wraps Lo Mein Noodles Veggie Patty Chicken Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice*
 Pizza	No School	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Outtakes	"Life's most persistent and urgent	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/Toppings	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grill	question is, 'What are you doing for others?'"	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	-ML King Jr.	Roasted Broccoli Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Seasoned Carrots Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit	Baked Beans Fresh Homemade Confetti Coleslaw Fresh Banana Assorted Fruit	Mexican Corn Fresh Celery Sticks w/Light Dressing 100 % Grape Juice Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Salad	<p>Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Sliced Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Chili Lime Chicken, Sliced Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				



Kramer Middle School Lunch Menu

January 25-29

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 International	Burrito or Hard Shell Taco Turkey Taco Meat Spicy Chicken Fiesta Black Beans Cilantro Brown Rice Corn Salsa Pico De Gallo	Spicy Asian Chicken w/Brown rice	Australian Food Day Shepard's Pie w/Turkey & Mashed Potatoes w/Savory Scone	Lettuce Wraps Lo Mein Noodles Veggie Patty Chicken Shredded Carrots Diced Cucumber Shaved Onions Pineapple Tidbits	Panes Rellenos (Salvadoran Chicken Torta)
 Pizza	Pizza Chef is Off Today!	Homemade Cheese Pizza on Whole Grain Crust	Off Again Today!	And Yet Again!	Homemade Cheese Pizza on Whole Grain Crust
 Outtakes	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread	Toasted Two Cheese Sandwich on Whole Grain Bread	Australian Vegetable Curry w/Savory Scone	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grill	Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Salami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Homemade Chicken Salad on Whole Grain Bread	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Sides	Sweet Green Peas Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Roasted Pumpkin Australian Coleslaw Fresh Orange Assorted Fruit	Glazed Carrots Fresh Cucumber & Tomato Salad Fresh Banana Assorted Fruit	Southwest Pinto Beans Fresh Cucumber Coins 100% Grape Juice Assorted Fruit
 Deli	<p>Start With: Assorted Whole Grain Breads, Rolls, & Wraps</p> <p>Add: Assorted Meats, Cheeses, Homemade Egg Salad, Homemade Chicken Salad</p> <p>Top With: Mustard, Mayo, Salad Dressing</p> <p>Finish With: Lettuce, Tomato, Sliced Red Onions</p>				
 Salad	<p>Start With: Fresh Romaine Mix, Spinach, Fresh Cucumbers, Shredded Fresh Carrots, Sliced Button Mushrooms, Sliced Radishes, Fresh Jicama</p> <p>Top With: Shredded Cheddar</p> <p>Add On: Sweet Corn, Black Beans, Fresh Red Onions, Spicy Garbanzo Beans</p> <p>Finish With: Caesar Chicken, Sliced Eggs, Garlic Croutons, 2 Whole Grain Garlic Breadsticks</p>				