
























































<p style="text-align: right;">7</p> <p>Cheese Pizza <b>V</b> </p> <p>Popcorn Chicken Warm Breadstick </p> <p><b>Garden Bar Selections</b></p> <p>Ranch Salad  Craisins Jicama Sticks  Sweet Potato Sticks  Cauliflower  </p>	<p style="text-align: right;">8</p> <p>Chicken Patty Green Beans</p> <p>All Beef Hamburger Corn</p> <p><b>Garden Bar Selections</b></p> <p>Caesar Salad  Apple Slices  Carrot Coins  Pickles Hamburger Bun  </p>	<p style="text-align: right;">9</p> <p>Beef Fiesta Nachos Tortilla Chips </p> <p>Italian Dunkers <b>V</b>  Marinara Sauce</p> <p><b>Garden Bar Selections</b></p> <p>Ranch Salad  Bananas  Celery Sticks  Edamame Garbanzo Beans</p>	<p style="text-align: right;">10</p> <p>Whole Grain French Toast Sticks  Pork Sausage Link</p> <p> Korean BBQ Beef Brown Rice </p> <p><b>Garden Bar Selections</b></p> <p>Caesar Salad  Pears Grape Tomatoes  Cucumber Coins </p>	<p style="text-align: right;">11</p> <p>Turkey Hot Dog Seasoned Potato Wedges</p> <p>Beef Meatball Sub Carrots</p> <p><b>Garden Bar Selections</b></p> <p>Ranch Salad  Orange Wedges  Broccoli  Hot Dog Bun </p>
<p style="text-align: right;">14</p> <p>Beef Cheeseburger Potato Pucks</p> <p>Spicy Chicken Sandwich Potato Pucks</p> <p><b>Garden Bar Selections</b></p> <p>Caesar Salad  100% Fruit Juice 3 Bean Salad Jicama Sticks  Pickles Hamburger Bun </p>	<p style="text-align: right;">15</p> <p>Grab &amp; Go Lunch <b>V</b> <i>String Cheese, Yogurt, &amp; Berry Bread Slice</i> </p> <p>Spaghetti with Beef Meat Sauce</p> <p><b>Garden Bar Selections</b></p> <p>Ranch Salad  Apples  Sweet Potato Sticks  Potato Salad </p>	<p style="text-align: right;">16</p> <p>Chicken Strips Seasoned Wedges</p> <p>Soy Butter &amp; Jelly Sandwich <b>V</b> </p> <p><b>Garden Bar Selections</b></p> <p>Caesar Salad  Peaches Celery Sticks  Kohlrabi Sticks  Goldfish Graham  </p>	<p style="text-align: right;">17</p> <p>Beef &amp; Turkey Pepperoni Pizza </p> <p> Chicken Pot Pie</p> <p><b>Garden Bar Selections</b></p> <p>Ranch Salad  Bananas  Cucumber Coins  Dinner Roll </p>	<p style="text-align: right;">18</p> <p>Chicken Teriyaki Spiced Brown Rice</p> <p>Beef Taco Salad Tortilla Chips</p> <p><b>Garden Bar Selections</b></p> <p>Caesar Salad  Pears Broccoli  Carrot Coins  </p>

Check out all the ways we're keeping our menu healthy!

**Key:**

- V** = vegetarian
-  = made with whole grains (≥50%)
-  = fresh fruit/vegetable
-  = Farm to School product included
-  = Chef's Kitchen



**Get the daily menu on your phone!**  
Download the Nutrislice mobile app!  
Get nutrition information for each food, images, and descriptions. Visit our district's new menus site at: [mmsd.nutrislice.com](https://mmsd.nutrislice.com)

This institution is an equal opportunity provider.

## What is Chef's Kitchen?

The Chef's Kitchen is a new program designed to introduce our students to new and exciting items. To learn more about this program, go to <https://food.madison.k12.wi.us/> and click the Chef's Kitchen link.



<p style="text-align: right;">21</p> <h1 style="text-align: center;">No School</h1> 	<p style="text-align: right;">22</p> <p style="text-align: center;">Turkey Hot Dog Seasoned Wedges</p> <p style="text-align: center;">Hot Ham &amp; Cheese Potato Pucks <i>(made with turkey ham)</i></p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Caesar Salad 🍴 Strawberries Coleslaw Carrot Coins 🍴 Hot Dog Bun 🍴</p>	<p style="text-align: right;">23</p> <p style="text-align: center;">Chicken &amp; Waffles 🍴</p> <p style="text-align: center;">Pizza Dunkers 🍴 <i>(contains pork)</i> Marinara Sauce</p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Ranch Salad 🍴 Mandarin Oranges Grape Tomatoes 🍴 Celery 🍴</p>	<p style="text-align: right;">24</p> <p style="text-align: center;">Cheese Pizza 🍴</p> <p style="text-align: center;">Beef Stew</p>  <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Caesar Salad 🍴 Bananas 🍴 Jicama Sticks 🍴 Dinner Roll 🍴</p>	<p style="text-align: right;">25</p> <h1 style="text-align: center;">No School</h1> 
<p style="text-align: right;">28</p> <p style="text-align: center;">Turkey Corn Puppies 🍴 Carrots</p> <p style="text-align: center;">Beef Chili Tortilla Chips 🍴</p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Caesar Salad 🍴 100% Fruit Juice Mango Carrot Coins 🍴 Cauliflower 🍴</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Beef Walkin' Tacos Corn</p> <p style="text-align: center;">Grilled Cheese 🍴</p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Ranch Salad 🍴 Peaches Grape Tomatoes 🍴 Refried Beans Fritos 🍴</p>	<p style="text-align: right;">30</p> <p style="text-align: center;">Beef &amp; Turkey Pepperoni Pizza 🍴</p> <p style="text-align: center;">Grab &amp; Go Lunch 🍴 <i>String Cheese, Yogurt, &amp; Chocolate Chip Mini Loaf</i></p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Caesar Salad 🍴 Bananas 🍴 Broccoli Salad 🍴 Jicama Sticks 🍴</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">Whole Grain Pancakes 🍴 Pork Sausage Link</p>  <p style="text-align: center;">Indian Butter Chicken Brown Rice 🍴</p> <p><b>Garden Bar Selections</b></p> <p style="text-align: center;">Ranch Salad 🍴 Apples 🍴 Celery 🍴 Sweet Potato Sticks 🍴</p>	<p style="text-align: right;"><b>Prices:</b></p> <p style="text-align: center;">Breakfast: \$1.25 Lunch: \$2.60 (Reduced: \$0.40) Milk for home lunch: \$0.50 *Milk is included with all meals.</p> 

## Daily Breakfast Menu

*All breakfast meals include string cheese, assorted fruit, and milk. Assorted varieties of cereal available daily.*

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausage & Cheese English Muffin 🍴	Whole Grain Cinni Mini 🍴	Homemade Trail Mix Bar 🍴 or Berry Bread slice 🍴	Homemade Muffin 🍴	Bagel 🍴 & Cream Cheese/Jelly

### Martin Luther King Jr. Day

Dr. Martin Luther King Jr. was a civil rights activist who worked for the equal rights of African Americans in the 1950s and 60s. To honor the work he did, President Ronald Reagan made a Federal holiday in his honor. The first national holiday in his honor took place on January 20, 1986. We continue to observe the holiday on the third Monday in January every year; it is close to Dr. King's birthday, January 15<sup>th</sup>.

*"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that." – Martin Luther King, Jr., 1963*