

# Piedmont Intermediate/Middle School Menu

## January 3 - January 7

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 3 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

All Meals FREE to Students!!!



<b>MONDAY</b>	No School
<b>TUESDAY</b>	Pancakes with Scrambled Eggs
<b>WEDNESDAY</b>	See FIESTA
<b>THURSDAY</b>	Chili and Cornbread with Corn
<b>FRIDAY</b>	Popcorn Chicken Bowl with Mashed Potatoes and Gravy and Green Beans

**V**

Daily Special



<b>MONDAY</b>	No School
<b>TUESDAY</b>	Chicken Nuggets and French Fries
<b>WEDNESDAY</b>	See UPPER CRUST
<b>THURSDAY</b>	Cheeseburger or Spicy Chicken Sandwich with Spiral Fries
<b>FRIDAY</b>	See UPPER CRUST



<b>MONDAY</b>	No School
<b>TUESDAY</b>	See REVOLVE
<b>WEDNESDAY</b>	Beef Enchiladas with Refried Beans
<b>THURSDAY</b>	See REVOLVE
<b>FRIDAY</b>	See REVOLVE



Daily Special

<b>MONDAY</b>	No School
<b>TUESDAY</b>	See HONOR ROLL
<b>WEDNESDAY</b>	Pizza of the Month or Pepperoni Pizza
<b>THURSDAY</b>	See HONOR ROLL
<b>FRIDAY</b>	Cheeseburger Pizza or Cheese Pizza



Daily Special

<b>MONDAY</b>	No School
<b>TUESDAY</b>	Crispy Chicken Wrap
<b>WEDNESDAY</b>	Crispy Chicken Wrap
<b>THURSDAY</b>	Chef Salad
<b>FRIDAY</b>	Chef Salad

**V Vegetarian**  
**SP Smart Pick**

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*



Nutrition Information is available upon request.

# Piedmont Intermediate/Middle School Menu

## January 10-14

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 3 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

All Meals FREE to Students!



<b>MONDAY</b>	Walking Nachos with Aztec Corn
<b>TUESDAY</b>	See FIESTA
<b>WEDNESDAY</b>	Beefy Mac with Steamed Mixed Veggies <b>V</b>
<b>THURSDAY</b>	See FIESTA
<b>FRIDAY</b>	Steak Fingers with Mashed Potatoes and Gravy with Green Beans

Daily Special



<b>MONDAY</b>	Chicken Tenders and Tots
<b>TUESDAY</b>	See UPPER CRUST
<b>WEDNESDAY</b>	Crispy Chicken Sandwich or Spicy Chicken Sandwich with French Fries
<b>THURSDAY</b>	See UPPER CRUST
<b>FRIDAY</b>	Bacon Cheeseburger with French Fries



<b>MONDAY</b>	See REVOLVE
<b>TUESDAY</b>	Beef Nachos or Tacos with Refried Beans
<b>WEDNESDAY</b>	See REVOLVE
<b>THURSDAY</b>	Beef Nachos or Tacos with Refried Beans
<b>FRIDAY</b>	See REVOLVE



Daily Special

<b>MONDAY</b>	See HONOR ROLL
<b>TUESDAY</b>	Sausage or Pepperoni Pizza
<b>WEDNESDAY</b>	See HONOR ROLL
<b>THURSDAY</b>	Sausage or Cheese PIZZA
<b>FRIDAY</b>	See HONOR ROLL



Daily Special

<b>MONDAY</b>	Chicken Bacon Ranch Wrap
<b>TUESDAY</b>	Chicken Bacon Ranch Wrap
<b>WEDNESDAY</b>	Crispy Chicken Salad
<b>THURSDAY</b>	Crispy Chicken Salad
<b>FRIDAY</b>	Protein Power Box

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# Piedmont Intermediate/Middle School Menu

## January 17-21

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 3 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

All Meals FREE to Students!!!



<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	See FIESTA
<b>WEDNESDAY</b>	Sweet and Sour Chicken with Lo Mein and Broccoli
<b>THURSDAY</b>	See FIESTA
<b>FRIDAY</b>	Chicken Tenders with Mashed Potatoes and Gravy and Mixed Vegetables

Daily Special



<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	Chicken Nuggets and French Fries
<b>WEDNESDAY</b>	See UPPER CRUST
<b>THURSDAY</b>	See UPPER CRUST
<b>FRIDAY</b>	See UPPER CRUST



<b>MONDAY</b>	No School-MLK Day
<b>TUESDAY</b>	Beef Nachos or Tacos with Refried Beans
<b>WEDNESDAY</b>	See REVOLVE
<b>THURSDAY</b>	Beef Nachos or Tacos with Refried Beans
<b>FRIDAY</b>	See REVOLVE



Daily Special

<b>MONDAY</b>	No School-MLK Day
<b>TUESDAY</b>	See HONOR ROLL
<b>WEDNESDAY</b>	Pepperoni or Sausage Pizza
<b>THURSDAY</b>	Meatlover's Calzones
<b>FRIDAY</b>	Cheeseburger or Cheese (V) Pizza



Daily Special

<b>MONDAY</b>	No School-Martin Luther King Jr. Day
<b>TUESDAY</b>	Crispy Chicken Wrap
<b>WEDNESDAY</b>	Chef Salad
<b>THURSDAY</b>	Chef Salad
<b>FRIDAY</b>	Protein Power Box

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# Piedmont Intermediate/Middle School Menu

## January 24-28

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 3 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

All Meals FREE to Students!!!



<b>MONDAY</b>	Spaghetti and Meatballs with Steamed Mixed Veggies
<b>TUESDAY</b>	See FIESTA
<b>WEDNESDAY</b>	See FIESTA
<b>THURSDAY</b>	French Toast Sticks with Scrambled Eggs
<b>FRIDAY</b>	Steak Fingers with Hot Roll and Mashed Potatoes

Daily Special



<b>MONDAY</b>	See UPPER CRUST
<b>TUESDAY</b>	Chicken Nuggets and French Fries
<b>WEDNESDAY</b>	See UPPER CRUST
<b>THURSDAY</b>	Cheeseburger or Crispy Chicken Sandwich with Potato Wedges
<b>FRIDAY</b>	See UPPER CRUST



Daily Special

<b>MONDAY</b>	See REVOLVE
<b>TUESDAY</b>	Beef Nachos or Tacos with Refried Beans
<b>WEDNESDAY</b>	Chicken Tacos or Nachos with Refried Beans
<b>THURSDAY</b>	See REVOLVE
<b>FRIDAY</b>	See REVOLVE



Daily Special

<b>MONDAY</b>	Sausage or Cheese (V) Pizza
<b>TUESDAY</b>	See HONOR ROLL
<b>WEDNESDAY</b>	Hawaiian or Pepperoni Pizza
<b>THURSDAY</b>	See HONOR ROLL
<b>FRIDAY</b>	Cheeseburger or Supreme Pizza



Daily Special

<b>MONDAY</b>	Chef Salad
<b>TUESDAY</b>	Chef Salad
<b>WEDNESDAY</b>	American Sub Sandwich
<b>THURSDAY</b>	American Sub Sandwich
<b>FRIDAY</b>	Protein Power Box

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# Piedmont Schools Breakfast Menu

# JAN 2022

## MONDAY

3

No School  
Professional Day

## TUESDAY

4

Bacon Scramble  
Breakfast Pizza  
Raisins

## WEDNESDAY

5

French Toast Sticks  
Yogurt  
Juice

## THURSDAY

6

Mini Sausage Pancake Bites  
Diced Peaches

## FRIDAY

7

Blueberry Mini Waffles  
Yogurt  
Juice

Happy New Year! Welcome back to school!

10

Oatmeal Round  
Raisins

11

Pancakes  
Yogurt  
Juice

12

Cheezy Scrambled Eggs  
& Toast  
Pop Tart  
Fresh Banana

13

Mini Strawberry Bagels  
Yogurt  
Juice

14

Breakfast Pizza  
Orange Smiles

Variety of cereal offered daily

17

No School  
Martin Luther King Jr. Day

18

Blueberry Muffin  
Diced Peaches

19

French Toast Sticks  
Yogurt  
Juice

20

Mini Sausage Pancake Bites  
Banana

21

Cinnamon Roll  
Yogurt  
Juice

Make healthy choices!

24

Cinnamon Toast Crunch Bar  
Raisins

25

Pancakes  
Yogurt  
Juice

26

Oatmeal Round  
Orange Smiles

27

Breakfast Taco Roll  
Yogurt  
Juice

28

Cinnamon Roll  
Applesauce

Variety of fat free and low fat milk are offered daily

31

Confetti Pancakes  
Yogurt  
Juice

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