

HAPPY NEW YEAR

MENUS FOR JANUARY 2019

Warwick Middle School

DON'T GET!
 Take at least **ONE**
FRUIT or **VEGGIE**
 and at least **THREE** items total
 so your meal counts as a complete lunch!

EZSchoolPay
 .com

SIMPLE, SAFE & SECURE

BREAKFAST

\$1.50
 Reduced
 \$0.00

LUNCH

\$ 2.75
 Warrior \$3.50
 .40 Reduced

HEY KIDS (& PARENTS)!

Breakfast daily \$1.50

Offered throughout the week:

Benefit bars, Breakfast pizza, Dutch waffles, Donuts, Cinnamon rolls, muffins, cereal



Pay for meals on-line at EZSchoolPay.com!

AVAILABLE DAILY

All meals include (2) fruits, veggie and milk
MILK IS THE ONLY BEVERAGE INCLUDED W/ MEALS
 Meals include choice of Fat Free Flavored, Fat Free White or 1% white

\$2.75 Sandwich Bar w/(2)fruits,veggie, milk
 Choices: Italian, turkey, ham & cheese subs, Veggie burger

\$2.75 Hummus Lunch: Hummus cup, pretzels, sunflower seeds, graham crackers, veggie, (2) fruits and milk

\$2.75 Wrap w/ veggie, (2)fruits, milk
 Choices: Turkey, ham, spicy chicken, and grilled chicken

\$2.75 Salad w/ (2) fruits and milk
 Choices: Southwest, Grilled chicken and Chopped Ribbon Chef

\$3.50 Warrior entrée w/ bag of Herr's chips, (2) fruits, veggie & milk

MENU SUBJECT TO CHANGE

Assorted fruit basket may include:

Applesauce, peaches, pears, apricots, raisins, strawberries, pineapples, raisins, mixed fruit, bananas, grapes, apples and 100% fruit juice slushy



Wednesday, January 2	Thursday, January 3	Friday, January 4
#1 Big Daddy's Pizza	#1 Meatball sandwich	#1 Chicken burger on roll
#3 Warrior: Hot n' spicy chicken sandwich w/chips	#3 Warrior: Crispy chicken sandwich w/chips	#3 Warrior: SUBWAY FRIDAY Variety of subs with bag of Herr's chips
Corn	Fiesta beans	Baked beans

Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
#1 Mac n' cheese Quesadilla	#1 Pizza stix w/dipping sauce	#1 Chicken fries w/roll	#1 Hot dog w/ sauerkraut	#1 Mickey's Pizza
#2 Ham n' cheese on Pretzel roll	#2 Tangerine chicken w/brown rice	#3 Warrior: Pizza burger w/chips	#2 Three Cheese Calzone	#3 Warrior: Buffalo Chicken sandwich (chicken tenders smothered in Boom Boom sauce w/ mozzarella cheese) and chips
#3 Warrior: Buffalo Chicken Pizza w/chips	#3 Warrior: Sriracha wing sandwich w/chips	French fries	#3 Warrior: Hot n' spicy chicken Sandwich w/chips	Roasted Veggies
Baby carrots	Green beans		Baked Beans	

Ezschoolpay allows you to:

Review transaction history– history will reveal your child’s lunch choices and how much money was spent.

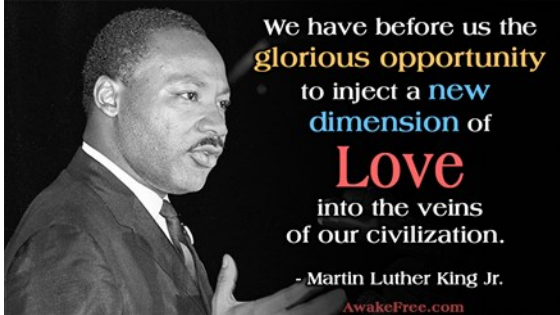
Check account balances– Balances typically update within 10 minutes.

Receive low account balance alerts– Parents have the freedom to determine at what balance they want to receive email notification.

Make payments- \$ 3.00 fee

Register today-it’s easy and free! Go to www.ezschoolpay.com and click “Register” Once logged in, you can associate your children using their name and school ID number.

HAVE CONFIDENCE KNOWING YOUR CHILD HAS LUNCH MONEY EVERYDAY!



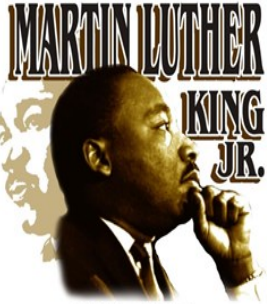

COLD ≠ COLD.

Cold weather doesn’t cause colds – viruses do! Same with the flu. Of course, you should always dress appropriately outdoors for comfort and to avoid frostbite (in other words, put your coat on!) But if you don’t want to get sick, you should remember to wash your hands!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
#1 Pizza cheese crunchers	#1 Popcorn chicken w/ dinner roll	#1 Big Daddy’s Pizza	#1 Chicken nuggets w/dinner roll	#1 Chicken burger on roll
#2 Corn dog nuggets				
#3 Warrior: Hot turkey, bacon & cheese on Kaiser roll w/chips	#3 Warrior: Create your own burrito bowl w/bag of scoops	#3 Warrior: Crispy chicken sandwich w/bag of chips	#3 Warrior sample: (Breaded mozzarella sticks, breaded mini ravioli, onion rings)	#3 Warrior: SUBWAY FRIDAY Variety of subs with bag of Herr’s chips
Broccoli	Corn	Roasted California blend	Peas	Baked beans

Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
Martin Luther King Holiday NO SCHOOL	#1 Mashed potato bowl w/ biscuit	#1 Chicken Fries w/roll	#1 Walking taco and dinner roll	FLOATING IN-SERVICE DAY NO SCHOOL
 1929 1968	#3 Warrior: Homemade Stromboli w/chips	#3 Warrior: Bacon Cheeseburger w/chips	#3 Warrior: Hot n’ spicy chicken sandwich w/chips	
	Corn	Broccoli	Glazed Carrots	

Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
#1 Macaroni and cheese bar w/dinner roll (topping: pulled pork, popcorn chicken, broccoli)	#1 Popcorn chicken w/dinner roll	#1 Big Daddy’s Pizza	#1 Meatball sandwich	#1 Chicken burger on roll
#3 Warrior: Crispy chicken sandwich and chips	#3 Warrior: Make your own burrito bowl w/bag of scoops	#3 Warrior: Hot n’ spicy chicken sandwich w/chips	#3 Warrior: Pepper jack Enchiladas w/rice	#3 Warrior: SUBWAY FRIDAY Variety of subs with bag of Herr’s chips
Broccoli	Roasted Cauliflower	Corn	Fiesta beans	Baked beans

