

This institution is an equal opportunity provider. Menus are subject to change.

JANUARY 2025

WHITESIDE

MIDDLE

SCHOOL

* indicates the item contains Pork

NUTRITION TO GO

Trying to cut down on added sugar? Foods like pastry would be a good place to start. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44 ounce fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!

A QUICK BITE FOR PARENTS



Monday, January 6



No School Today

Tuesday, January 7

Breakfast
Strawberry Pop Tarts

Lunch
-Cheese Quesadilla
-Hamburger on Bun
-Deli Sandwich
Green Beans
Chilled Applesauce
Cold Milk

-No Salads Today

Wednesday, January 8

Breakfast
Mini Waffles & Syrup

Lunch
-Sausage, Egg & Cheese Croissant*
-Hot Dog on Bun
-Deli Sandwich
-Chef Salad & Bosco Stick
Seasoned Carrots
Chilled Pears
Cold Milk

Thursday, January 9

Breakfast
Pancake Sausage on Stick*
Lunch
Popcorn Chicken, Pretzel Bite & Cheese Sauce
-Turkey & Cheese Melt (Toasted Cheese & Turkey)
-Italian Salad & Bosco Stick*
-Deli Sandwich
Steamed Broccoli
Mixed Fruit
Cold Milk

Friday, January 10

Breakfast
Breakfast Bagel*
Lunch
-Cheeseburger
-Hot & Spicy Chicken Sandwich
-Chef Salad & Bosco Stick
-Deli Sandwich
Tator Tots
Chilled Peaches
Cold Milk

Monday, January 13

Breakfast
Cinnamon Roll

Lunch
-Cheese Pizza
-Corn Dog
-Popcorn Chicken Salad & Bosco Stick
-Deli Sandwich
Green Beans
Mixed Fruit
Cold Milk

Tuesday, January 14

Breakfast
Mini Pancakes & Syrup

Lunch
-Chicken Nuggets & Macaroni
-Hot Ham & Cheese Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Baby Carrots
Craisins
Cold Milk

Wednesday, January 15

Breakfast
Cinnamon Toast Crunch Muffin
Lunch
-French Toast Sticks & Sausage*
-Turkey & Cheese Croissant
-Chef Salad & Bosco Stick
-Deli Sandwich
Sweet Corn
Chilled Applesauce
Gogurt Yogurt
Cold Milk

Thursday, January 16

Breakfast
Cheesy Scrambled Eggs & Biscuit
Lunch
-Bacon Cheeseburger*
-Breaded Chicken Sandwich
-Italian Salad & Bosco Stick*
-Deli Sandwich
Steamed Broccoli
Chilled Peaches
Cold Milk

Friday, January 17

Breakfast
Breakfast Pizza*
Lunch
-Straw Hat
-Fish Shapes & Cornbread Muffin
-Chef Salad & Bosco Stick
-Deli Sandwich
Cheesy Refried Beans
Fresh Apple
Cold Milk

Available Daily

WE OFFER GENERAL MILLS CEREAL AND CEREAL BARS AS ADDITIONAL ENTRÉE CHOICES. BREAKFAST INCLUDES MILK, FRUIT AND JUICE CHOICE.