

JANUARY 2024

Oceanside Middle School

1



Monday

NEW YEARS DAY

1

Tuesday

Chicken Nuggets

2

Tater Tots
Baby Carrots
Diced Pears

Wednesday

BBQ Pulled Pork Sandwich

3

Cole Slaw
Watermelon

Thursday

National Spaghetti Day

4

Spaghetti w/Meat Sauce
Spaghetti Plain
Garlic Bread
Steamed Broccoli
Assorted Fresh Fruit

Friday

Wings & Fries

5

BBQ-Sweet n Sour
Buffalo
Spicy Oven Fries
Salad Bar

BBQ Cheese Burgers

6

Hamburger

Fries
Strawberry Cups

Baked Beans

9

Turkey dog w/Roll
Cole Slaw
Assorted Whole Fruit

Early Release

10

Chicken Burgers

On a Kaiser Roll
Baby Carrots
Crisp Apple

Shepherd's Pie

11

Dinner Roll

Mixed Fruit Cup

Tomato Soup

12

&
Grilled Cheese

Apple Slices

Martin Luther
King Jr
Day

15

Grilled Bacon Chicken Sandwich

16

Tomato & Lettuce
Crinkle Fries
Assorted Whole Fruit

Turkey- Mashed Bowl w/ Gravy

17

Dinner WG Roll
Corn
Mixed Fruit

Orange Chicken

18

Steamed Rice
Steamed Broccoli
Veg Egg Roll or Dumplings
Assorted Whole Fruit

Mexican Beef Chili

19

WG Cinnamon Roll
Or Fritos
Cinnamon Churros

Chicken Burger

22

Emoji Fries
Cucumber Sticks
Dried Cranberries

Chicken Quesadillas
Cheese Quesadillas

23

Sour Cream & Salsa
Assorted Fresh Fruit

Baked Potato Bar

24

Seasoned Chicken- Beef-
Bacon, Sour Cream, Salsa
Broccoli

Gobbler Sandwich

25

Turkey, Stuffing, Cran-
berry on a Kaiser
Salad Bar
Diced Pears

Smoked Cheddar Mac & Cheese

26

Buffalo Chix or Cheddar
Mac
Carrots & Whole Fruit

Popcorn Chicken

29

Fries
Baby Carrots
W/Ranch dip
Apple

French Toast Sticks

30

Turkey Sausage
Hash Browns
Cantaloupe

Teriyaki Chicken

31

w/Steamed Rice
Broccoli
Dumplings
Mixed Fruit Cup

Choice of 1% White Milk or White Skim Milk for
Breakfast
Choice of 1% White Milk, White Skim Milk or Fat
Free Chocolate for Lunch

Available Daily

Pizza Station, Main Meal from the Menu

Make Your Own Nachos- To Go Salads-Fruit Parfaits-Deli Sandwiches-PB & J

Fresh Whole Fruit-Full Salad Bar (Protein, Pasta Salad, Vegetables, Fruit & Berries)