

Welcome to the New Year!

2026

Menus for January

Roseville City School District -MIDDLE SCHOOL

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

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG



What's on YOUR plate?

Put me in my place!
Is the tomato a fruit or a vegetable?



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 5



No School Today

Tuesday, January 6

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN TACO

Wednesday, January 7

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, January 8

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN RICE BOWL

Friday, January 9

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE SANDWICH
OR
CHICKEN TENDERS

COOKIE

Monday, January 12

Breakfast
COUNTRY BREAKFAST BURRITO
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH (FRENCH TOAST STICKS, HASHBROWN & YOGURT)
OR
TURKEY & CHEESE SANDWICH

Tuesday, January 13

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, January 14

Breakfast
SUNRISE BREAKFAST SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI & CHEESE
OR
CHEESEBURGER & FRIES

Thursday, January 15

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TURKEY & GRAVY AND MASHED POTATOES

Friday, January 16

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS & CHIPS

COOKIE

STUCK.



We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!

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

Monday, January 19



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 20

Breakfast
YOGURT PARFAIT
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
CHICKEN TACO

Wednesday, January 21

Breakfast
MINI WAFFLES
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE BURRITO
OR
CHICKEN SANDWICH

Thursday, January 22

Breakfast
CINNI MINI
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
ORANGE CHICKEN
RICE BOWL

Friday, January 23

Breakfast
FRENCH TOAST STICKS
OR
CONTINENTAL BREAKFAST

Lunch
GRILLED CHEESE
SANDWICH
OR
CHICKEN TENDERS

COOKIE

Available Daily

Every complete meal we serve comes with the choice of entrée, fruit or vegetable sides and your choice of low fat white or chocolate milk.

Other daily lunch options:

DELI SANDWICH
LARGE SALAD
PIZZA
(select varieties)

Monday, January 26

Breakfast
COUNTRY BREAKFAST
BURRITO
OR
CONTINENTAL BREAKFAST

Lunch
BREAKFAST FOR LUNCH
(FRENCH TOAST STICKS,
HASHBROWN & YOGURT)
OR
TURKEY & CHEESE
SANDWICH

Tuesday, January 27

Breakfast
CHEESY BREADSTICKS
OR
CONTINENTAL BREAKFAST

Lunch
CHEESE PIZZA
OR
BEEF & CHEESE TACO

Wednesday, January 28

Breakfast
SUNRISE BREAKFAST
SANDWICH
OR
CONTINENTAL BREAKFAST

Lunch
MACARONI & CHEESE
OR
CHEESEBURGER
& FRIES

Thursday, January 29

Breakfast
MINI PANCAKES
OR
CONTINENTAL BREAKFAST

Lunch
CHEESY BREADSTICKS
OR
TURKEY & GRAVY
AND MASHED POTATOES

Friday, January 30

Breakfast
CINNAMON ROLL
OR
CONTINENTAL BREAKFAST

Lunch
BEAN & CHEESE PUPUSA
OR
CRUNCHY FISH STICKS &
CHIPS

COOKIE

LICENSE TO KRILL

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES



THE LOWEST AND THE HIGHEST PLACES IN THE CONTINENTAL UNITED STATES ARE BOTH IN CALIFORNIA AND ARE **LESS THAN 100 MILES APART!** THE DESERT FLOOR AT BADWATER, CA IN **DEATH VALLEY NATIONAL PARK** SITS AT 279 FEET **BELOW** SEA LEVEL. JUST 84.6 MILES AWAY, **MOUNT WHITNEY** RISES 14,505 FEET **ABOVE** SEA LEVEL!

**STRANGE
BUT TRUE!**



Source: Geographer