

August 2017

Middle School

LUNCH



School Information: This institution is an equal opportunity provider.
Menu Subject to change.
Daily: \$2.80
Milk: 1% White, Skim White, Skim Chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Salad Bar Served Daily **1**
Must have a serving of fruit or vegetable to make a meal.

Wednesday

Alternate: Burger Bar **2**
Pizza Hut: Thursday

Thursday

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Friday

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Orientation Day **28**

Personal Pan Pizza **29**
Garden Peas
Pears

French Toast Sticks **30**
Omelet
Tri Tators
Peaches

Tacos **31**
Refried Beans
Rice
Mandarin Oranges

