

September 2017

Middle School

LUNCH



School Information: This institution is an equal opportunity provider.
Menu subject to change.
Daily: \$2.80
Milk: .40 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

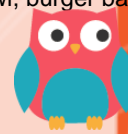
Wednesday

Thursday

Friday



Alternate: boneless wings, breakfast bar, rice bowl, burger bar
Pizza Hut: Thursday



Salad Bar Served Daily

Must have a serving of fruit or vegetable to make a meal.

Grilled Cheese
Tomato Soup
Steamed Broccoli

1

No School

4

Pizza – Wild Mike's
Steamed Broccoli

5

Popcorn Chicken
Ketchup and BBQ sauce
Mashed Potatoes
Corn
Butter Buds

6

Hot Dog / Bun
Ketchup
Baked Beans
Tator Tots

7

Sloppy Joe / Bun
Fritos
Crinkle Cut Carrots

8

Italian Flat Bread
Marinara Sauce
Garden Peas

11

Chicken Quesadilla
Salsa Cup
Refried Beans

12

Pulled Pork Sandwich
Fritos
Steamed Broccoli

13

Hamburger / Bun
Baked French Fries
Ketchup
Buttered Corn

14

Spaghetti / Meatballs
Green Beans
Bread Sticks

15

Lasagna Roll Up
Steamed Broccoli
Bread Stick

18

Chicken Enchilada
Refried Beans
Rice

19

Chicken Patty / Bun
Tator Tots
Green Beans

20

Gilardi Sticks
Marinara Sauce
Garden Peas

21

No School

22

Cheese Raviolis
Steamed Broccoli

25

Chicken Pot Pie
Smiles
Ice Cream Cup

26

Nacho Grande
Refried Beans
Rice

27

Cheeseburger Mac&Chees
Garden Peas

28

Corn Dog on a Stick
Waffle Fries
Buttered Corn

29