

# September 2018

## Middle School

### LUNCH



**School Information:** This institution is an equal opportunity provider.  
Menu subject to change.  
Daily: \$2.90  
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

No School

3

### Tuesday

Chicken Patty / Bun  
Tater Tots  
Baked Beans

4

### Wednesday

Wild Mike's Bites  
Marinara  
Steamed Broccoli

5

### Thursday

Lasagna Rollup  
Steamed Broccoli  
Breadstick

6

### Friday

Mini Corn Dogs  
Buttered Corn  
Fries

7

Mini Cheese Raviolis  
Steamed Broccoli  
Garlic Bread

10

Nacho Grande  
Refried Beans  
Rice

11

Cheesy Garlic Flatbread  
Marinara  
Green Beans

12

Cheeseburger Mac and Che  
Coined Carrots  
Slushie

13

Bosco Sticks  
Marinara  
Garden Peas

14

Pizza  
Green Beans

17

French Dips  
Fries  
Coined Carrots

18

French Toast Sticks  
Syrup  
Omelet  
Tiny Triangles

19

Grilled Cheese  
Tomato Soup  
Steamed Broccoli

20

Tacos  
Refried Beans  
Rice

21

Hamburger / Bun  
Fries  
Baked Beans

24

Chicken Nuggets  
Buttered Corn  
Dinner Roll  
Fries

25

Pepperoni Stuffed Pocket  
Tater Tots  
Buttered Peas

26

Spaghetti / Meatballs  
Coined Carrots  
Ice Cream Cup

27

Pizza Dippers  
Marinara  
Steamed Broccoli

28



Alternate Choices:  
Rice Bowl  
Burger Bar  
Boneless Wings  
Breakfast Bar

