

# December 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

### Tuesday

### Wednesday

### Thursday

### Friday

7

Cheese Ravioli  
Steamed Broccoli  
Garlic Bread

3

Nacho Grande  
Refried Beans  
Rice

4

Cheesy Garlic Flatbread  
Marinara  
Green Beans

5

Cheeseburger Mac + Cheese  
Coined Carrots  
Slushie

6

No School

14

Personal Pizza  
Green Beans

10

French Dip  
Fries  
Coined Carrots

11

French Toast Sticks  
Syrup  
Omelet  
Tiny Triangles

12

Grilled Cheese  
Tomato Soup  
Steamed Broccoli

13

Tacos  
Refried Beans  
Rice

21

Hamburger / Bun  
Fries  
Baked Beans

17

Spaghetti / Meatballs  
Coined Carrots  
Ice Cream Cup

18

Pepperoni Pocket  
Tater Tots  
Garden Peas

19

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20

No School

28

No School

24

No School

25

No School

26

No School

27

No School

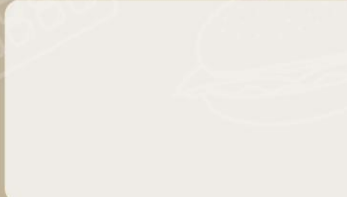
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Alternate Choices:  
Burger Bar  
Boneless Wings  
Breakfast Bar

26



27

