

November 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



Alternate Choice:
Rice Bowl
Burger Bar
Boneless Wings
Breakfast Bar
Rice Bowl



Grilled Cheese
Tomato Soup
Steamed Broccoli

No School

Hamburger / Bun
Fries
Baked Beans

French Toast Sticks
Syrup
Omelet
Tiny Triangles

Pepperoni Pocket
Tater Tots
Garden Peas

Spaghetti / Meatballs
Carrots
Ice Cream Cup

Pizza Dippers
Marinara
Steamed Broccoli

Pancakes
Syrup
Sausage Patty
Tater Tots

Sloppy Joe / Bun
Fritos
Coined Carrots

Fish Sticks
Fries
Green Beans
Dinner Roll

Baked Ziti
Breadstick
Steamed Broccoli

Rib Patty / Bun
Smiles
Baked Beans

Chicken Pot Pie
Garlic Potatoes
Ice Cream Cup

Popcorn Chicken
Mashed Potatoes
Buttered Corn

No School

No School

No School

Pizza Bagel
Fries
Baked Beans

Chicken Patty / Bun
Tater Tots
Baked Beans

Wild Mike's Cheese Bites
Marinara
Steamed Broccoli

Lasagna Rollup
Steamed Broccoli
Breadstick

Mini Corn Dogs
Buttered Corn
Fries