

December 2018 Middle School Lunch Menu

Food Service Director: Brandi Culver
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk
 *Students must choose at least one fruit or



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings

*Fruits include:
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce
 *May choose 1/2 cup serving








MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White

Lunch Prices:
 Paid \$2.35
 Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fiestada Pizza Or Chicken Strips w/bread slice Glazed Carrots Assorted Fruit Milk Choice 	4 Sweet & Spicy Chicken Bowl Or Meatball Hoagie on bun Black & White Bean Salad Assorted Fruit Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit Milk Choice	6 Pasta Bowl w/breadstick or Chicken Nuggets w/breadstick Romaine Salad Assorted Fruit Milk Choice	7 Grilled Cheese w/soup Or Hot Turkey & Cheese on bun Emoji Fries Assorted Fruit Milk Choice
10 Recipe of the Month Pizza Burger Or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit Milk Choice	11 Salisbury Steak in Gravy w/roll Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit Milk Choice	12 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit Milk Choice	13 Pizza Hut Day Or Breaded Fish on bun Steamed Green Beans Assorted Fruit Milk Choice 	14 Soft Taco with lettuce, cheese and salsa or Buffalo Chicken Pizza Mixed Vegetables Assorted Fruit Milk Choice
17 Breaded Spicy Chicken on bun Or Hot Ham & Cheese on bun Glazed Carrots Assorted Fruit Milk Choice 	18 Walking Taco with lettuce, cheese and salsa or Corn Dog Nuggets Baked Beans Assorted Fruit Milk Choice	19 Brunch Lunch! French Toast Sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit Milk Choice	20 Christmas Lunch! Pork in gravy with stuffing & bread slice or Chef's Choice Mashed Potatoes Assorted Fruit, Milk Choice and Dessert	21 Macaroni & Cheese w/roll Or Chef's Choice Steamed Peas Assorted Fruit Milk Choice
24 	<div style="background-color: yellow; border: 2px solid black; padding: 10px; display: inline-block;"> Christmas Break December 24 through January 1st </div>			28 
31 No school Happy New Year!		 Fresh Produce from Local Farms based on crop availability	 Whole Grains Available Daily	The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE
Monday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Assorted Salads with roll & croutons	Tuesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Assorted Salads with roll & croutons	Wednesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Assorted Salads with roll & croutons	Thursday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Assorted Salads with roll & croutons	Friday Deli Sandwich or Wrap, Pizza Choice, Breaded Chicken, Assorted Salads with roll & croutons