

February 2019 Middle School Lunch Menu

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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
	Whole Grains Available Daily	Fresh Produce from Local Farms based on crop availability			1 Walking Taco w/lettuce, cheese and salsa or Chicken Sticks w/bread slice Romaine Salad Assorted Fruit Choice Milk Choice Groundhog Day Pudding Dessert
	4 Chicken Nuggets with bread Or BBQ Pulled Pork on bun Steamed Mixed Vegetables Assorted Fruit Choice Milk Choice	5 Brunch Lunch! French Toast Sticks with syrup & sausage patties or Chilled Chicken Ranch Twister Oven Baked tater Tots Assorted Fruit Choice Milk Choice	6 Fiestada Pizza Or Hot Sicilian on bun Baked Beans Assorted Fruit Choice Milk Choice	7 Hot Dogs on buns Or Cheeseburger on bun Oven Baked French Fries Assorted Fruit Choice Milk Choice	8 Macaroni & Cheese w/roll Or Hot Turkey & Cheese on bun Steamed Peas Assorted Fruit Choice Milk Choice
	11 BBQ Grilled Chicken on bun Or Pepperoni Pizza Steamed Broccoli Assorted Fruit Choice	12 Brunch Lunch! Waffles with syrup & sausage patties or Deli Hoagie Oven Baked tater Tots Assorted Fruit Choice	13 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit Choice Milk Choice	14 Valentine's Day Beef Nachos with cheese, salsa and bread slice or Breaded Spicy Chicken on bun Glazed Carrots Assorted Fruit Choice	15 No School
	18 No School President's Day	19 Brunch Lunch! French Toast Sticks with syrup & sausage patties or BBQ Chicken Wrap w/cheese Oven Baked tater Tots Assorted Fruit Choice Milk Choice	20 Chicken Strips with bread slice Or BBQ Pulled Pork on bun Steamed Peas Assorted Fruit Choice Milk Choice & Dessert	21 Pasta Bowl w/breadstick or Chicken & Cheese Quesadilla Romaine Salad Assorted Fruit Choice Milk Choice	22 Grilled Cheese w/soup Or Corn Dog Nuggets Mixed Vegetables Assorted Fruit Choice Milk Choice
	25 Fiestada Pizza Or Grilled Teriyaki Chicken on bun Steamed Broccoli Assorted Fruit Choice Milk Choice	26 Brunch Lunch! Pancakes with syrup & sausage patties or Deli Hoagie Oven Baked tater Tots Assorted Fruit Choice Milk Choice	27 Popcorn Chicken Bowl w/bread Or Cheeseburger on bun Steamed Corn Assorted Fruit Choice Milk Choice	28 Meatball Hoagie with cheese Or Breaded Fish on bun Steamed Green Beans Assorted Fruit Choice Milk Choice	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, Chef Salad with roll & croutons	Tuesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with roll & croutons	Wednesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with roll & croutons	Thursday Deli Sandwich or Wrap, Breaded Chicken Pizza Choice, Chef Salad with roll & croutons	Friday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad with roll & croutons