

April 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

1% Chocolate, 1% Strawberry, Fat Free Vanilla,
 1% White and Fat Free White

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Fiestada Pizza Or Breaded Chicken Patty on bun Steamed Peas Assorted Fruit Milk Choice	2 Brunch Lunch! Waffles with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	3 Hot Dogs on buns Or Cheeseburger Wrap Attack Steamed Carrots Assorted Fruit Milk Choice	4 Pasta Bowl w/breadstick or Chicken Rings w/bread slice Romaine Salad Assorted Fruit Milk Choice	5 Beef Nachos with cheese, salsa & bread slice or Breaded Fish on bun Mixed Vegetables Assorted Fruit Milk Choice
8	Meatball Hoagie with cheese Or Grilled Teriyaki Chicken on bun Baked Beans Assorted Fruit Milk Choice	9 Pancake Station Brunch Lunch! Pancakes with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit Milk Choice & Dessert	10 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit Milk Choice	11 Pepperoni Pinwheels w/sauce Or Bacon Cheeseburger on bun Steamed Green Beans Assorted Fruit Milk Choice	12 Grilled Cheese Sandwich w/soup or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit Milk Choice
15	Chicken Nuggets w/bread slice Or Hot Sicilian on bun Glazed Carrots Assorted Fruit Milk Choice	16 Brunch Lunch! French Toast Sticks with syrup and sausage patties or Hot Turkey & Cheese on bun Oven Baked Tater Tots Assorted Fruit Milk Choice	17 Walking Taco w/lettuce, cheese & salsa or BBQ Grilled Chicken on bun Steamed Mixed Vegetables Assorted Fruit Milk Choice	18 Macaroni & cheese w/roll or Buffalo Chicken Pizza Steamed Peas Assorted Fruit Milk Choice	19 No School
22	Cheese Steak Hoagie on bun Or Corn Dog Nuggets Steamed Broccoli Assorted Fruit Milk Choice	23 National Picnic Day Hot Dogs on buns Or Bacon Cheeseburger on bun Cucumber /Tomato Salad Assorted Fruit Milk Choice Strawberry Shortcake Dessert	24 Popcorn Chicken Bowl w/bread Or Deli Hoagie Steamed Corn Assorted Fruit Milk Choice	25 Beef Taco with lettuce, cheese & salsa or Breaded Fish on bun Steamed Mixed Vegetables Assorted Fruit Milk Choice	26 Italian Dunkers w/sauce Or Breaded Spicy Chicken on bun Baked Beans Assorted Fruit Milk Choice
29	Fiestada Pizza Or Chicken Strips w/bread slice Glazed Carrots Assorted Fruit Milk Choice	30 Brunch Lunch! Waffles with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	 Whole Grains Available Daily	 Fresh Produce from Local Farms based on crop availability	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, Cheeseburger, 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