

March 2020 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 White and 1% White

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Meatball Hoagie with cheese Or BBQ Rib on bun Baked Beans Assorted Fruit & Milk Choice	3 Brunch Lunch! Pancakes with syrup and sausage patties or Hot Sicilian on bun Oven Baked Tater Tots Assorted Fruit & Milk Choice	4 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	5 Italian Dunkers w/sauce or BBQ Pulled Pork on bun Steamed Broccoli Assorted Fruit & Milk Choice	6 Pasta w/meat sauce & bread slice or Hot Ham & Cheese on bun Romaine Salad Assorted Fruit & Milk Choice
	9 Chicken Nuggets with bread Or Pepperoni Melt  Glazed Carrots Assorted Fruit & Milk Choice	10 Brunch Lunch! Waffles with syrup and sausage patties or Chicken Bacon Ranch Wrap Oven Baked Tater Tots Assorted Fruit & Milk Choice	11 *New Item* Corn Dog on a stick Or Hot Sicilian on bun Oven Baked French Fries Assorted Fruit Milk Choice & Dessert	12 Salisbury Steak in gravy Or BBQ Grilled Chicken on bun Mashed Potatoes Assorted Fruit & Milk Choice	13 Macaroni & Cheese w/roll Or Breaded Fish on bun  Steamed Peas Assorted Fruit & Milk Choice
	16 Italian Dunkers w/sauce Or Corn Dog Nuggets Steamed Green Beans Assorted Fruit & Milk Choice	17 Brunch Lunch! Pancakes with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	18 Popcorn Chicken Bowl with bread slice or Sloppy Joe on bun  Steamed Corn Assorted Fruit & Milk Choice	19 No School	20 No School
	23 Fiestada Or Bacon Cheeseburger on bun Glazed Carrots  Assorted Fruit	24 Brunch Lunch! French Toast Sticks with syrup and sausage patties or Hot Sicilian on bun Oven Baked Tater Tots Assorted Fruit & Milk Choice	25 Weenie Boats on bread or Chicken Nuggets w/bread slice Romaine Salad Assorted Fruit & Milk Choice Dessert	26 *New Item* Mac Attack Pizza Or BBQ Pulled Pork on bun Baked Beans Assorted Fruit & Milk Choice	27 *New Item* Grilled Cheese with soup Or Tuna Salad Hoagie Mixed Vegetables Assorted Fruit & Milk Choice
	30 Pepperoni Melt Or Spicy Chicken on bun Steamed Broccoli Assorted Fruit & Milk Choice	31 Brunch Lunch! Pancakes with syrup and sausage patties or Chicken Bacon Ranch Wrap Oven Baked tater Tots Assorted Fruit & Milk Choice	 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, Chef Salad w/bread slices & croutons	Tuesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad w/bread slices & croutons	Wednesday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad w/bread slices & croutons	Thursday Deli Sandwich or Wrap, Breaded Chicken Pizza Choice, Chef Salad w/bread slices & croutons	Friday Deli Sandwich or Wrap, Breaded Chicken, Pizza Choice, Chef Salad w/bread slices & croutons