

March 2019 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
	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	Fresh Produce from Local Farms based on crop availability	Whole Grains Available Daily		1 Soft Taco with lettuce, cheese & salsa or Buffalo Chicken Pizza Steamed Carrots Assorted Fruit Milk Choice
	4 Breaded Spicy Chicken on bun Or Hot Ham & Cheese on bun Steamed Broccoli Assorted Fruit Milk Choice	5 Brunch Lunch! French Toast sticks with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit Milk Choice	6 Ash Wednesday! Pasta bowl w/breadstick or Chicken Nuggets w/bread slice Glazed Carrots Assorted Fruit Milk Choice	7 Walking Taco with lettuce, cheese & salsa or Hot Turkey & Cheese on bun Romaine Salad Assorted Fruit Milk Choice	8 Macaroni & Cheese w/roll Or BBQ Grilled Chicken on bun Steamed Peas Assorted Fruit & Milk Choice Cookie for Dessert
	11 Chicken Strips w/bread slice Or BBQ Pulled Pork on bun Oven Baked French Fries Assorted Fruit Milk Choice	12 Brunch Lunch! Waffles with syrup and sausage patties or Sloppy Joe Oven Baked Tater Tots Assorted Fruit Milk Choice	13 Popcorn Chicken Bowl w/bread Or Cheeseburger Steamed Corn Assorted Fruit Milk Choice	14 No School	15 No School
	18 "Go For the Greens" Fiestada Pizza Or Chicken Nuggets with bread Steamed Broccoli Assorted Fruit Milk Choice	19 Brunch Lunch! French Toast sticks with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit Milk Choice	20 1st Day of Spring Hot Dogs on buns or Bacon Cheeseburger Oven Baked French Fries Assorted Fruit Milk Choice Springy Jello Cup	21 Pizza Hut Day Or Meatball Hoagie with cheese Glazed Carrots Assorted Fruit Milk Choice	22 Breaded Fish on bun Or Hot Turkey & Cheese on bun Steamed Peas Assorted Fruit Milk choice
	25 Chicken Rings with bread slice Or Sloppy Joe on bun Steamed Mixed Vegetables Assorted Fruit Milk choice	26 Brunch Lunch! Pancakes with syrup and sausage patties or Chilled Chicken Ranch Twister Oven Baked Tater Tots Assorted Fruit Milk Choice	27 Popcorn Chicken Bowl w/bread Or BBQ Rib on bun Steamed Corn Assorted Fruit Milk Choice	28 Sweet & Sour Pork over Rice with bread slice or Buffalo Grilled Chicken on bun Steamed Green beans Assorted Fruit Milk Choice	29 Recipe of the Month Grilled Cheese w/soup Or Tuna Patty Melt Steamed Mixed Vegetables Assorted Fruit Milk Choice
	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