

May & June 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
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	1 Salisbury Steak in gravy w/roll Or Grilled Teriyaki Chicken on bun Oven Baked French Fries Assorted Fruit & Milk Choice	2 Grilled Cheese sandwich w/soup Or Pepperoni melt Mixed Vegetables Assorted Fruit & Milk Choice	3 Popcorn Chicken w/pretzel bites Or Breaded Fish on bun Mashed Potatoes Assorted Fruit & Milk Choice
6 Chicken Nuggets w/bread Or Hot Sicilian Steamed Broccoli Assorted Fruit & Milk Choice	7 Brunch Lunch! French Toast Sticks with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	8 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	9 Meatball Hoagie with cheese Or Breaded Fish on bun Steamed Green Beans Assorted Fruit & Milk Choice	10 Soft Taco with lettuce, cheese & salsa or Hot Ham & cheese on bun Stewed Tomatoes Assorted Fruit & Milk Choice
13 Breaded Spicy Chicken on bun Or BBQ Pulled Pork on bun Steamed Corn Assorted Fruit & Milk Choice	14 Brunch Lunch! Pancakes with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	15 Weenie Boats on bread Or Chicken Rings w/bread Steamed Carrots Assorted Fruit & Milk Choice Dessert	16 Macaroni & Cheese w/roll Or Chicken Fajita Wrap w/cheese Steamed Peas Assorted Fruit & Milk Choice	17 Walking Taco with lettuce, cheese & salsa or Hot Turkey & Cheese on bun Romaine Salad Assorted Fruit & Milk Choice
20 Chicken Strips w/bread slice Or Bacon Cheeseburger on bun Baked Beans Assorted Fruit & Milk Choice	21 Brunch Lunch! Waffles with syrup and sausage patties or Deli Hoagie Oven Baked Tater Tots Assorted Fruit & Milk Choice	22 Popcorn Chicken Bowl w/bread Or Sloppy Joe on bun Steamed Corn Assorted Fruit & Milk Choice	23 Hot Dogs on buns Or Cheeseburger Wrap Attack Steamed Mixed Vegetables Assorted Fruit & Milk Choice	24 Beef Nachos with cheese, salsa & bread slice or Breaded Fish on bun Oven Baked French Fries Assorted Fruit & Milk Choice
27 No School	28 Chicken Nuggets w/bread slice Or BBQ Pulled Pork on bun Glazed Carrots Assorted Fruit & Milk Choice	29 Meatball Hoagie w/cheese Or Chef's Choice Oven Baked Tater Tots Assorted Fruit & Milk Choice	30 Corn Dog Nuggets Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice	31 BBQ Rib on bun Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice
6/3 Fiestada Pizza Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice	6/4 Hamburger on a bun Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice	6/5 Hot Dogs on buns Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice	6/6 Pepperoni Pizza Or Chef's Choice Hot Vegetable Assorted Fruit & Milk Choice	6/7 Assorted Chicken w/bread Or Chef's Choice Hot Vegetable 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