

**MIDDLE SCHOOL MENU
FOR: TERMAN, PALY &
GUNN**



Nutrient Analysis of Lunch Menu		
	MENU AVG.	MIN. REQ.
CAL	865	846
TOTAL FAT	26.01%	<30%
SAT. FAT	9.70%	<10%
PROTEIN	36.48 g	16.70 g
CALCIUM	663 mg	400 mg
IRON	5.42 mg	4.50 mg
VIT. A	4052 IU	1500 IU
VIT. C	49.15 mg	19.18 mg

Choose an entrée from Creations, Pizza, Grill, or Market
All Lunches include a variety of Fruits, Vegetables, and Milk

Full Price: \$4.25 or meal card

	Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger Cheeseburger Chicken Sandwich Grilled Honey Beef Ribbq with Baked Tater Tots	Hamburger Cheeseburger Chicken Sandwich Asian Chicken Drummies with Rice	Hamburger Cheeseburger Chicken Sandwich Grilled Ham & Cheese with Baked Tater Tots	Hamburger Cheeseburger Chicken Sandwich Sweet & Sour Chicken with Steamed Rice and Egg Roll	Hamburger Cheeseburger Chicken Sandwich Spicy Chicken Sandwich with Tater Tots
	Fresh Baked Pizzas Cheese Pepperoni Bosco Breadsticks With Marinara Sauce	Fresh Baked Pizzas Cheese Pepperoni Vegetarian	Fresh Baked Pizzas Cheese Pepperoni Hawaiian	Fresh Baked Pizzas Cheese Pepperoni Chicken Pesto	Fresh Baked Pizzas Cheese Pepperoni Chef Choice
	Garden Salad Turkey & Cheese Sandwich With Baked Chips & Fruit	Garden Salad Taco Salad	Garden Salad Chinese Chicken Salad with Sesame Oriental Dressing	Garden Salad Grilled Chicken Wrap with Macaroni Salad & Fruit	Garden Salad Chicken Caesar Salad Sandwich of the Day with Baked Chips & Fruit

**MIDDLE SCHOOL MENU
FOR: JORDAN, TERMAN,
GUNN & PALY**



Nutrient Analysis of Lunch Menu

	MENU AVG.	MIN. REQ.
CAL	863	846
TOTAL FAT	27.01%	<30%
SAT. FAT	9.30%	<10%
PROTEIN	36.48 g	16.70 g
CALCIUM	663 mg	400 mg
IRON	5.42 mg	4.50 mg
VIT. A	4052 IU	1500 IU
VIT. C	49.15 mg	19.18 mg

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	Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger Cheeseburger Chicken Sandwich Grilled Honey Beef Ribbq with Baked Tater Tots	Hamburger Cheeseburger Chicken Sandwich Baked Meatball & Mozzarella Hot Pocket Tater Tots	Hamburger Cheeseburger Chicken Sandwich Buffalo Chicken Wings with Spicy Baked Potato Spirals	Hamburger Cheeseburger Chicken Sandwich Sweet & Sour Chicken with Steamed Rice and Egg Roll	Hamburger Cheeseburger Chicken Sandwich Chili Cheese Corn Dog with Spicy Baked Potato Spirals
	Fresh Baked Pizzas Cheese Pepperoni Bosco Breadsticks With Marinara Sauce	Fresh Baked Pizzas Cheese Pepperoni Vegetarian	Fresh Baked Pizzas Cheese Pepperoni Hawaiian	Fresh Baked Pizzas Cheese Pepperoni Chicken Pesto	Fresh Baked Pizzas Cheese Pepperoni Chef Choice
	Garden Salad Roast Beef & Turkey Sandwich With Baked Chips & Fruit	Garden Salad Taco Salad	Garden Salad Chinese Chicken Salad With Sesame Oriental Dressing	Garden Salad Turkey Sandwich with Macaroni Salad & fruit	Garden Salad Chicken Caesar Salad Spicy Chicken Sandwich with Spicy Fries

MIDDLE SCHOOL MENU FOR: JANE LATHROP



Nutrient Analysis of Lunch Menu		
	MENU AVG.	MIN. REQ.
CAL	855	846
TOTAL FAT	26.01%	<30%
SAT. FAT	9.70%	<10%
PROTEIN	36.48 g	16.70 g
CALCIUM	663 mg	400 mg
IRON	5.42 mg	4.50 mg
VIT. A	4052 IU	1500 IU
VIT. C	49.15 mg	19.18 mg

Choose an entrée from Creations, Pizza, Grill, or Market
All Lunches include a variety of Fruits, Vegetables, and Milk

Full Price: \$4.25 or meal card

	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheeseburger Chicken Sandwich Chicken Parmesan Sandwich	Cheeseburger Chicken Sandwich Hamburger with Baked Tater Tots	Cheeseburger Chicken Sandwich Hot Ham & Cheese Sandwich on a Roll	Cheeseburger Chicken Sandwich Turkey Corn Dogs with Baked Tater Tots	Cheeseburger Chicken Sandwich Spicy Chicken Sandwich with Baked Tater Tots
	Fresh Baked Pizzas Cheese Pepperoni Bosco Breadsticks With Marinara Sauce	Fresh Baked Pizzas Cheese Pepperoni Thai with Chicken & Peanut Sauce	Fresh Baked Pizzas Cheese Pepperoni Hawaiian	Fresh Baked Pizzas Cheese Pepperoni Meat Lover's	Fresh Baked Pizzas Cheese Pepperoni BBQ Chicken
	Rotating Theme Bar Pasta Bar Spaghetti w/ Meat Sauce, or Marinara And Breadstick	Rotating Theme Bar Burrito Bar Seasoned Beef or Chicken, Rice, Beans, Soft Tortillas, Corn, Salsa	Rotating Theme Bar Asian Bar Teriyaki Chicken and Steamed Rice	Rotating Theme Bar Chicken Nuggets with Tater Tots	Rotating Theme Bar Nacho Bar Seasoned Beef, Cheese Sauce, Tortilla Chips, Beans, Salsa
	Assorted Pre-Made Sandwiches Assorted Pre-Made Salads Taco Salad	Assorted Pre-Made Sandwiches Assorted Pre-Made Salads Chicken Caesar Salad	Assorted Pre-Made Sandwiches Assorted Pre-Made Salads Crisp Chicken Salad	Assorted Pre-Made Sandwiches Assorted Pre-Made Salads Taco Salad	Assorted Pre-Made Sandwiches Assorted Pre-Made Salads Chicken Caesar Salad

MIDDLE SCHOOL MENU FOR: JORDAN & TERMAN



Nutrient Analysis of Lunch Menu		
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	Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger Cheeseburger Chicken Sandwich Spicy Chicken Tenders with Baked Tater Tots	Hamburger Cheeseburger Chicken Sandwich Asian Chicken with Orange Sauce and Steamed Rice	Hamburger Cheeseburger Chicken Sandwich Popcorn Chicken with Baked Tater Tots	Hamburger Cheeseburger Chicken Sandwich Szechwan Chicken with Steamed Rice and Egg Roll	Hamburger Cheeseburger Chicken Sandwich Beef Chimichangas with Tortilla Chips and Salsa
	Fresh Baked Pizzas Cheese Pepperoni Bosco Breadsticks With Marinara Sauce	Fresh Baked Pizzas Cheese Pepperoni Vegetarian	Fresh Baked Pizzas Cheese Pepperoni Hawaiian	Fresh Baked Pizzas Cheese Pepperoni Chicken Pesto	Fresh Baked Pizzas Cheese Pepperoni Double Cheese
	Garden Salad Turkey Corn Dogs With Baked Chips	Garden Salad Taco Salad	Garden Salad Spicy Chicken Sandwich with Baked Chips	Garden Salad Turkey Sandwich with Macaroni Salad	Garden Salad Chicken Caesar Salad