

## MIDDLE SCHOOL LUNCH MENU



**MONDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

MEAL REQUIREMENTS

Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE! **TUESDAY** 

Big Daddy's Pizza

Cheese (V) Pepperoni Hawaiian

SUPER FOODS Tuna Salad Sandwich (HM/SC/E) w/ Fresh Fruit

HM= HOMEMADE/SCRATCH MADE V= VEGTARIAN E= CONTAINS EGG

**GLOBAL FLAVORS** 

Chicken Drumstick w/Corn & Biscuit (HM/SC)

SUPER FOODS Sun Butter & Jelly Sandwich with Cheese Stick(V)

**EVERYDAY SELECTS** Vegetable Burger (V)

5

**GLOBAL FLAVORS** Beef Soft Taco's with Salsa (HM/SC)

SUPER FOODS

Hearty Garden Salad with WG Roll (V) (HM/SC)

**EVERYDAY SELECTS** 

Teriyaki Burger /Cheese Burger

**GLOBAL FLAVORS** 

6

Beef Rib-B-Que Sandwich with Potatoes SUPER FOODS

Chicken Pozole with Tortilla Chips(HM/SC) Vegetable Pozole with Tortilla Chips(HM/SC/V)

**EVERYDAY SELECTS** 

Grilled Cheese Sandwich (V)

GLOBAL FLAVORS

Soy Garlic Chicken & Vegetables over Steamed Rice (HM/SC)

SUPER FOODS

Caesar Salad with Roll (HM/SC)(V)(E)

**EVERYDAY SELECTS** 

Spicy Chicken Sandwich with Potatoes

8

1

SD No School

11

4

Holiday No School 12

**GLOBAL FLAVORS** 

Home made Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)

SUPER FOODS

Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS** 

Cheese burger Twins

13 **GLOBAL FLAVORS** 

Beef Hotdogs w/ Potatoes

**SUPER FOODS** 

Mac & Cheese with Roll (HM/SC)(V) **EVERYDAY SELECTS** 

100%All beef Burgers

Cheese Burgers

14

7

**GLOBAL FLAVORS** Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)

**SUPER FOODS** 

Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS** 

Bosco Sticks (V)

15

22

Big Daddy's Cheese (V)

Pepperoni Hawaiian

SUPER FOODS Tuna Salad Sandwich (HM/SC/E)

w/ Fresh Fruit

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

18

**GLOBAL FLAVORS** 

Chicken Drumstick w/Corn & Biscuit (HM/SC) SUPER FOODS

Sun Butter & Jelly Sandwich with Cheese Stick(V) **EVERYDAY SELECTS** Vegetable Burger (V)

19

**GLOBAL FLAVORS** 

Soft Beef Taco's with Salsa (HM/SC)

**SUPER FOODS** 

Quinoa Salad with Mango (HM/SC)(V)(E)

**EVERYDAY SELECTS** 

Teriyaki Burger/ Cheese Burger (HM)

20

**GLOBAL FLAVORS** 

Beef Rib-B-Que Sandwich with Potatoes **SUPER FOODS** 

Beef Chili with Roll (HM/SC) egetable Chili with Roll (HM/SC/V)

**EVERYDAY SELECTS** 

Grilled Cheese Sandwich (V)

21 **GLOBAL FLAVORS** 

Soy Garlic Chicken/ Tofu & Vegetables (HM/SC) over Steamed Rice

SUPER FOODS Caesar Salad with Roll

I(HM/SC)(V)(E)

**EVERYDAY SELECTS** Spicy Chicken Sandwich with Potatoes

Sunbutter Jelly Sandwich (Only Fletcher)

> **Global Flavors** Meatball Sub

New York Pizza

Hawaiian Chicken Pepperoni Pizza Cheese Pizza

25

**GLOBAL FLAVOR**S

Pasta Alfredo w/Broccoli (HM/SC)(V)

**SUPER FOODS** 

Sun Butter & Jelly Sandwich with Cheese Stick (V)

**EVERYDAY SELECTS** 

Chicken Patty

26

**GLOBAL FLAVORS** 

Home made Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)

SUPER FOODS

Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS** Cheese burger Twins

27 **GLOBAL FLAVORS** Beef Hotdogs w/ Potatoes

SUPER FOODS

Mac & Cheese with roll (HM/SC)(V)

**EVERYDAY SELECTS** 

100%All Beef Burgers or Cheese Burger

28

**GLOBAL FLAVORS** Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)

SUPER FOODS Crispy Chicken wrap (HM/SC)

> **EVERYDAY SELECTS** Bosco Sticks (V)

29

Grab and Go

This institution is an equal opportunity provider.



## MIDDLE SCHOOL LUNCH MENU



2

9

16

**MONDAY** 

WEDNESDAY

**THURSDAY** 

**FRIDAY** 

Big Daddy's Pizza

Cheese (V) Pepperoni

Hawaiian

Must select at least 3 of the 5 offered components: Meat/Meat Alternative; Grain; Veggie; Fruit; Milk ONE SELECTION MUST BE A 1/2 CUP OF FRUIT OR VEGGIE! **TUESDAY** 

**GLOBAL FLAVORS** 

Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)

SUPER FOODS

Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS** Bosco Sticks (V)

SUPER FOODS Tuna Salad Sandwich (HM/SC/E)

HM= HOMEMADE/SCRATCH MADE V= VEGTARIAN E= CONTAINS EGG

**GLOBAL FLAVORS** 

Chicken Drumstick w/Corn & Biscuit (HM/SC)

SUPER FOODS

Sunbutter & Jelly Sandwich with Cheese Stick (V)

**EVERYDAY SELECTS** 

Vegetable Burger (V)

**GLOBAL FLAVORS** 

Chicken Burrito Bowl (HM/SC)

**SUPER FOODS** 

Hearty Garden Salad with WG Roll (V)(HM/SC)

**EVERYDAY SELECTS** 

Teriyaki Burger /Cheese Burger (V)

**GLOBAL FLAVORS** 

7

14

21

Beef Rib-B-Que Sandwich with Potatoes

SUPER FOODS

Chicken Pozole with Tortilla Chips (HM/SC) Vegetable Pozole with Tortilla Chips (HM/SC/V)

GLOBAL FLAVORS

Soy Garlic Chicken & Vegetables over Steamed Rice (HM/SC)

SUPER FOODS

Caesar Salad with Roll (HM/SC)(V)(E)

**EVERYDAY SELECTS** 

Spicy Chicken Sandwich with Potatoes

Sunbutter Sandwich (V) (Only Fletcher)

> **Global Flavors** Meatball Sub

New York Pizza

Hawaiian Pizza Pepperoni Pizza Cheese Pizza (V)

12

5

**GLOBAL FLAVORS** 

Pasta Alfredo w/Broccoli (HM/SC)(V)

SUPER FOODS

Sunbutter & Jelly Sandwich with Cheese Stick (V)

**EVERYDAY SELECTS** 

Chicken Patty Sandwich

13

6

**GLOBAL FLAVORS** 

Homemade Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)

SUPER FOODS

Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS** 

Cheese Burger Twins

**GLOBAL FLAVORS** 

Beef Hotdog with Potatoes

SUPER FOODS Mac & Cheese with Roll (HM/SC)(V)

**EVERYDAY SELECTS** 

100% All beef Burger Cheese Burger

15

8

**GLOBAL FLAVORS** 

Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)

SUPER FOODS

Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS** 

Bosco Sticks (V)

Holiday No School

ALL ENTREES ARE OFFERED WITH FRESH FRUIT S & FRESH VEGETABLES AS WELL AS 1% WHITE MILK & NONFAT CHOCOLATE MILK

19

No School Holiday

20

**GLOBAL FLAVORS** 

Hot Chicken Burrito Bowl (HM/SC)

SUPER FOODS

Hearty Garden Salad with WG Roll (V)(HM/SC)

**EVERYDAY SELECTS** 

Teriyaki Burger/ Cheese Burger (HM)

**GLOBAL FLAVORS** Beef Rib-B-Que Sandwich

with Potatoes

SUPER FOODS

Chicken Pozole with Tortilla Chips

(HM/SC) Vegetable Pozole with Tortilla Chips

> (HM/SC/V) **EVERYDAY SELECTS**

Grilled Cheese Sandwich (V)

**GLOBAL FLAVORS** Soy Garlic Chicken & Vegetables

> (HM/SC) Soy Garlic Tofu & Vegetables (HM/SC/V) over Steamed Rice

**SUPER FOODS** Caesar Salad with Roll (HM/SC)(V)(E) Sunbutter Jelly Sandwich (V) 23 (Only Fletcher)

> **Global Flavors** Meatball Sub

New York Pizza

Hawaiian Chicken Pepperoni Pizza

Cheese Pizza (V)

26

**GLOBAL FLAVOR**S

Pasta Alfredo w/Broccoli (HM/SC)(V)

SUPER FOODS

Sunbutter & Jelly Sandwich with Cheese Stick (V)

EVERYDAY SELECTS

Chicken Patty Sandwich

27

**GLOBAL FLAVORS** 

Homemade Cheese Quesadilla w/ Pico di gallo (HM/SC)(V)

SUPER FOODS

Chef Salad w/ WG roll (HM/SC)

**EVERYDAY SELECTS** Cheese burger Twins

28 **GLOBAL FLAVORS** 

> Beef Hotdog with Potatoes

SUPER FOODS

Mac & Cheese with roll (HM/SC)(V)

**EVERYDAY SELECTS** 100% All beef Burger Cheese Burger

29

**GLOBAL FLAVORS** 

Spaghetti & Meatballs w/ Steamed Broccoli (HM/SC)

SUPER FOODS

Crispy Chicken wrap (HM/SC)

**EVERYDAY SELECTS** Bosco Sticks (V)

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