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Select your favorite entrée and seasonal fruits & vegetables from the Garden Bar, Thursdays feature all **locally grown fruits and vegetables**. **Organic produce used when available**. Low-fat or fat-free, hormone free milk is included with all meals. All breads are rich in whole grains. A meal includes an entrée, fruit and vegetable selection.

	Monday	Tuesday	Wednesday	Thursday	Friday
 Offered With Fruit & Vegetable	Popcorn Chicken With Dinner Roll Mac & Cheese With Dinner Roll 	Chicken Drumstix Mashed Potatoes With Dinner Roll Grilled Bean & Cheese Burrito   	Beef Tacos or Veggie Tacos   Teriyaki Chicken Sandwich 	Spaghetti with Meat or Marinara Sauce With Dinner Roll   Chicken Corn Dog	Meat Lasagna or Veggie Lasagna   Spicy Chicken Tenders With Breadstick
 All Grill Items offered with Potato Wedges	100% Beef Cheeseburger Bosco Sticks with Marinara  Spicy Black Bean Burger 	100% Beef Cheeseburger Spicy Black Bean Burger  Crispy Chicken Sandwich	100% Beef Cheeseburger Spicy Chicken Sandwich Spicy Black Bean Burger 	Crispy Chicken Sandwich Bosco Sticks with Marinara  Spicy Black Bean Burger 	100% Beef Cheeseburger Grilled Cheese Sandwich  Spicy Black Bean Burger 
BUILD TO ORDER BARS Offered with the appropriate toppings for each bar	BURRITO BOWL BAR  	ASIAN BOWL  	BAKED POTATO BAR 12/6, 12/20, 1/10, 1/24 NACHO BAR 12/13, 1/17, 1/31 	DELI BAR 12/7, 12/21, 1/11, 1/25 FELAFEL BAR 12/14, 1/18  	PIZZA BAR (100% Mozzarella New York Pizza) 
 Offered with Fruit or Vegetable	100% Mozzarella, Veggie, or Pepperoni 	100% Mozzarella, Hawaiian or Pepperoni 	100% Mozzarella Sausage or Pepperoni 	100% Mozzarella, Veggie or Pepperoni 	Pizza Bar Above Fish N Chips (Terman)
 All Deli Items made with all natural meats and cheeses and served with Fruit or Vegetable	Turkey & Cheese Sandwich   Beef Taco or Veggie Taco Salad   With Tortilla Chips	Chicken Caesar Salad With Dinner Roll  Caesar Salad With Dinner Roll  	Roast Beef Club Sandwich Box  Buffalo Chicken Wrap  	Chicken Caesar Salad w/ Dinner Roll  Protein Box with Fresh Fruit & Sunflower Seeds  	Cup of Soup-Tomato with Breadstick   Or Clam Chowder in Bread Bowl  
 We offer a variety of fresh garden variety	Garden Salad Black Beans Broccoli Celery Sticks Fresh Fruit 2-3	Caesar Salad Tomatoes Carrot Sticks Applesauce Fresh Fruit 2-3	Garden Salad Cucumbers Corn Diced Peaches Fresh Fruit 2-3	Caesar Salad Cucumbers Pinto Beans Fresh Kiwi Fresh Pears	Garden Salad Edamame Carrot Sticks Diced Pears Fresh Fruit 2-3



We use menu identifiers in the café to help students recognize **Local**, **Clean**, **Fresh** and **Vegetarian** options. **Local** designates options made with locally-grown and produced ingredients. **Clean** designates options with a short ingredient list and/or no artificial additives. **Fresh** designates options that are made from scratch. **Vegetarian** items noted with **V**. Dairy, Egg & Nut Free items noted with **Fresh icon**.

For menu nutritional information and foods containing common food allergens please visit www.pausd.org

This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).

















































THINK [CA]

CHOOSE TO EAT WELL

Palo Alto Unified School District Middle School Menu October/November 2017

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	Monday	Tuesday	Wednesday	Thursday	Friday
 Offered With Fruit & Vegetable	Popcorn Chicken With Dinner Roll Mac & Cheese With Dinner Roll 	Chicken Drumstix Mashed Potatoes With Dinner Roll Grilled Bean & Cheese Burrito   	Beef Tacos or Veggie Tacos   BBQ Chicken Sandwich 	Spaghetti with Meat or Marinara Sauce With Dinner Roll   Chicken Corn Dog	Meat Lasagna or Veggie Lasagna   Spicy Chicken Tenders With Breadstick
 All Grill Items offered with Potato Wedges	100% Beef Cheeseburger Hamburger Spicy Black Bean Burger 	100% Beef Burger Spicy Black Bean Burger  Crispy Chicken Sandwich	100% Beef Cheeseburger Spicy Chicken Sandwich Spicy Black Bean Burger 	100% Beef Burger Bosco Sticks with Marinara  Spicy Black Bean Burger 	100% Beef Cheeseburger Grilled Cheese Sandwich  Spicy Black Bean Burger 
BUILD TO ORDER BARS Offered with the appropriate toppings for each bar	BURRITO BOWL BAR  	ASIAN BOWL 10/3, 10/17, 10/31, 11/14, 11/28 PASTA BAR 10/10, 10/24, 11/7  	BAKED POTATO BAR 10/4, 10/18, 11/1, 11/15, 11/29 NACHO BAR 10/11, 10/25, 11/8  	DELI BAR OR SUSHI DAY JLS- 10/5 & 11/2 TERMAN- 10/12 & 11/9 JORDAN- 10/19 & 11/16   	PIZZA BAR (100% Mozzarella New York Pizza) 
 Offered with Fruit or Vegetable	100% Mozzarella, Veggie, or Pepperoni 	100% Mozzarella, Hawaiian or Pepperoni 	100% Mozzarella Sausage or Pepperoni 	100% Mozzarella, Veggie or Pepperoni 	Pizza Bar Above
 All Deli Items made with all natural meats and cheeses and served with Fruit or Vegetable	Turkey & Cheese Sandwich   Beef Taco or Veggie Taco Salad With Tortilla Chips  	Chicken Caesar Salad With Dinner Roll  Caesar Salad With Dinner Roll  	Roast Beef Club Sandwich Box  Buffalo Chicken Wrap  	Hummus Box With Cucumbers   Protein Box with Fresh Fruit & Sunflower Seeds 	Cup of Soup-Minestrone with Breadstick  Or Clam Chowder in Bread Bowl  
We offer a variety of	Garden Salad Black Beans Broccoli Celery Sticks Fresh Fruit 2-3	Caesar Salad Tomatoes Carrot Sticks Applesauce Fresh Fruit 2-3	Garden Salad Cucumbers Corn Diced Peaches Fresh Fruit 2-3	Caesar Salad Cucumbers Pinto Beans Fresh Kiwi Fresh Pears	Garden Salad Edamame Carrot Sticks Diced Pears Fresh Fruit 2-3
					

 LOCAL  FRESH
 CLEAN  VEGETARIAN

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