

Middle School
Lunch Menu



Regular Lunch \$3.00
Milk \$0.50

Reduced Lunch ~~\$0.40~~ FREE

Adult \$4.50

Daily milk choices include non-fat (flavored and unflavored) or 1 % milk (unflavored). --- Whole Grain = WG



Monday Tuesday Wednesday Thursday Friday

 		1 Spaghetti w/ Meat Sauce Buttered Bread Steamed Broccoli Blue Raspberry-Lemon Ice	2 Warm Turkey, Cheddar and Bacon Wrap Dill Carrots Asst. Fruit	3 Stuffed Crust Pizza Tossed Italian Salad Fresh Orange
6 Sloppy Joe on Roll Baked Curly Fries Warm Apple Slices	7 Italian Chicken Griller Parmesan Roasted Broccoli Mixed Fruit	8 Grilled Cheese Tomato Soup Peach Cup	9 Chicken Quesadilla Fiesta Beans Pear	10 Big Daddy's Pizza Tossed Italian Salad Fresh Apple
13 Chicken Taco Salad w/ Lettuce, Tomato and Chs. Refried Beans Strawberry Cup	14 Busketti Honey Roasted Carrots Tropical Fruit Cup	15 Cheeseburger Baked French Fries Mandarin Oranges	16 Hot Dog on Roll California Blend Veggies Peach Cup	17 French Bread Pizza Fresh Broccoli w/ Dip Applesauce
20 Beef and Cheddar Melt Fresh Carrots w/ Dip Mixed Berry Cup	21 Chicken and Veg Dumplings Oriental Blend Veggies Apple Slices	22 BBQ Rib Sandwich Baked Beans Pineapple Tidbits	23 Pancakes Sausage Patty Emoji Fries Applesauce	24 Pizza Sticks w/ Dip Tossed Italian Salad Fresh Orange
27 	28 Chicken Patty Roasted Ranch Potatoes Mixed Fruit	29 Chef's Choice Pizza Chef's Choice Veggies Peaches	30 Early Dismissal - No Lunch	31

"Regular"
Meal
Information:

To receive a complete meal for the Paid price of \$3.00, Reduced Price of \$0.40, or for Free you must choose at least 3 of the 5 components of a "Regular Lunch" :

- * Grain
- * Meat or Meat Alt.
- * Fruit or Fruit Juice
- * Vegetable
- * Milk

Students may take all 5 components if they choose!!

Federal Regulations require that at least one of the component choices must be a fruit or vegetable.

Have a great



*Menu Subject to Change

