



MIDDLE SCHOOL **LUNCH MENU**

December 4 – December 8

| Powering | | | | | |
|------------------------|---|---|--|--|--|
| potential. | MON | TUES | WED | THURS | FRI |
| ENTREE | Chicken Penne Alfredo Breadstick Roasted Zucchini | Beef Nachos Campfire Pinto Beans | Spicy Tzatziki Beef Gyro Tomato & Cucumber Salad | Chicken Thai Sate & Rice Bowl Steamed Broccoli | Pancakes Turkey Sausage Baked Tator Tots |
| GRILL | GRILL BBQ Chicken Sandwich | | Meatball Pizza Sub | California Ranch Chicken Sandwich | BBQ Chicken Tender Melt |
| PIZZA | Pepperoni | Buffalo Chicken | Cheeseburger | Vegetable Pesto | Meatlovers |
| DELI Chicken Salad Sub | | Italian Wrap | Roasted Veggie Wrap | Chicken Caesar Wrap | Four Cheese Sub |
| SALAD | Apple Cinnamon Overnight Oats Veggie Baja Salad | Apple Cinnamon Overnight Oats Ranch Chicken Salad | Apple Cinnamon Overnight Oats Chicken Caesar Salad | Apple Cinnamon Overnight Oats Fajita Chicken Nacho | Apple Cinnamon Overnight Oats Egg Chef Salad |
| | Voggio Baja Galaa | rtarion omonon oalaa | | Salad | 33 |

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich **SALAD**: Garden Salad with & without chicken

Student Lunch: \$3.25 Adult Lunch: \$4.00

All Lunches must include a fruit and/or & may Include: 1% Low-Fat Milk OR Skim Chocolate Milk Salad

NUTRITION All Breads are whole grain &

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delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free





MIDDLE SCHOOL **LUNCH MENU**

December 11 – December 15

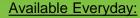
| Powering |) |
|-----------|---|
| potential | |

| Powering | | | | | |
|-------------------------|---|--|--|--|--|
| potential. | MON | TUES | WED | THURS | FRI |
| ENTREE | ENTREE Macaroni & Cheese Roasted Zucchini | | Sweet & Sour Chicken Rice Bowl Roasted Broccoli | Grilled Cheese Tomato Soup Tator Tots | French Toast Sticks Turkey Sausage Sweet Potato Fries |
| GRILL | Grilled Cheese | Cheese Quesadilla | Meatball Pizza Sub | Chicken Patty Sandwich | California Ranch Chicken Sandwich |
| PIZZA | Chicken Parm | White w/ Broccoli | Pepperoni | BBQ Chicken & Ranch | Veggie Pesto |
| DELI Tuna Salad Wrap | | Buffalo Chicken Wrap | Italian Sub | Asian Chicken Wrap | Ham & Cheese Wrap |
| SALAD | Hummus, Vegetable & Flatbread Box Apple Cheddar Salad | Hummus, Vegetable & Flatbread Box Cobb Salad | Hummus, Vegetable & Flatbread Box Chicken & Cheese Salad | Hummus, Vegetable & Flatbread Box Chef Salad | Hummus, Vegetable & Flatbread Box Chicken Caesar Salad |

Menus are subject to change.

This institution is an equal opportunity provider.





GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25 Adult Lunch: \$4.00

All Lunches must include a fruit and/or & may Include: 1% Low-Fat Milk OR Skim Chocolate Milk All Breads are whole grain & delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free





MIDDLE SCHOOL LUNCH MENU

December 17 – December 22

EARLY DISMISAL

| Powering | 5 |
|-----------|---|
| potential | • |

ENTREE

GRILL

PIZZA

DELI

SALAD

Menus are subject to change.

| MON | TUES | WED | THURS | FRI |
|--|---|---|---|--|
| Cheesy Baked Penne Garlic Bread Steamed Zucchini | Chicken Nachos Kickin' Pinto Beans | Cheesy Baked Potato WG Biscuit Steamed Broccoli | Chicken Tikki Masala Rice Bowl Steamed Carrots | Mini Blueberry Waffles Turkey Sausage Tator Tots |
| Cheese & Bean Farmhouse Chicken Quesadilla Sandwich | | Spicy Chicken Pepperoni Pizza Patty Burger | | |
| Pepperoni | Veggie Pesto | Meatball | Cheddar Taco | Cheese |
| Italian Sub | Egg Salad Wrap | Ham & Cheese Sub | Roast Veggie & Hummus Wrap | Sunbutter & Jelly Turkey & Cheddar |
| Strawberry Parfait Cobb Salad | Strawberry Parfait Veggie Baja Salad | Strawberry Parfait Chicken Caesar Salad | Strawberry Parfait Fruit, Yogurt & Cheese Plate | Garden Salad Garden Salad w/ Chicken |

This institution is an equal opportunity provider.





GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

All Lunches must include a fruit and/or vegetable & may Include: 1% Low-Fat Milk OR Skim Chocolate Milk All Breads are whole grain & delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free





MIDDLE SCHOOL LUNCH MENU

December 25 – December 29

| Powering potential. | MON | TUES | WED | THURS | FRI |
|---------------------|---------------|------|-----------|-------|-----|
| ENTREE | | | | | |
| GRILL | WINTER RECESS | | | | |
| PIZZA | | | | | |
| DELI | | | NO SCHOOL | | |
| SALAD | | | | | |

Menus are subject to change.

This institution is an equal opportunity provider.



Available Everyday:

GRILL: Hamburger, Cheeseburger, Veggie Burger

PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25 Adult Lunch: \$4.00

All Lunches must include a fruit and/or vegetable & may Include: 1% Low-Fat Milk OR Skim Chocolate Milk



All Breads are whole grain & delivered fresh everyday

Chicken is whole muscle

Milk is hormone & antibiotic free