

February 2023

MIDDLE SCHOOL LUNCH MENU

January 30 – February 3



Powering potential.™

- CENTER PLATE
- GRILL
- DELI
- PIZZA
- VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Beef Ravioli or GF Pasta with Marinara Garlic Breadstick	Chicken Nacho Bar on GF Corn Chips	Honey Stung Popcorn Chicken & Rice Bowl	Chicken or Veggie Lo Mein	Mini Maple Waffles or GF Bagel Turkey Sausage
GRILL	Buffalo Chicken Patty Sandwich	Cheese Quesadilla	Egg & Cheese on a Bagel	Bacon Cheeseburger GF Bacon Cheeseburger	Meatball Grinder
DELI	Italian Sub	Turkey & Cheddar Sandwich	Chicken Caesar Wrap	Ham & Cheese Sub	Turkey Club Sandwich
PIZZA	Cheese Chicken Parmesan	Cheese Meatball	Cheese White w/ Broccoli GF Cheese Pizza	Cheese Pepperoni	Cheese Roast Veggie
VEGETABLE	Roasted Broccoli	Corn & Black Bean Salad	Glazed Carrots	Steamed Snap Peas	Fruit Salad Baked Tator Tots

Menus are subject to change.
GF – daily Gluten Friendly option available

Student Lunch:
\$3.25



Offered Daily
 *Yogurt Parfait
 *Grab-n-Go Salad
 *Deli Sandwiches
 *Hamburger
 *Cheeseburger
 *Veggie Burger
 *Chicken Patty Sandwich

Did you know??
 All breads are whole grain
 Bread is delivered fresh daily
 Chicken is whole muscle
 Milk is hormone & antibiotic-free

All Lunches Must Include Choice of:
 Fruits and/or Vegetable
 And May Include:
 1% Low-Fat Milk, Fat-Free Chocolate & Fat Free Milk



February 2023

MIDDLE SCHOOL LUNCH MENU

February 6 – February 10



Powering potential.™

- CENTER PLATE
- GRILL
- DELI
- PIZZA
- VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Penne Carbonaro with Chicken, Peas & Bacon	Fish Street Tacos	GF Baked Potato Bar	Chicken Tenders GF Chicken Tenders Cornbread	French Toast Sticks Turkey Sausage
GRILL	Spicy Chicken Patty	Italian Dunkers with Marinara Sauce	Farmhouse Chicken Sandwich	Grilled Three Cheese	Chicken Quesadilla GF Chicken Quesadilla
DELI	Four Cheese Sub	Italian Sub GF Italian Sub	Asian Chicken Wrap	Roast Beef & Cheddar Sandwich	Egg Salad Wrap
PIZZA	Cheese Pepperoni GF Cheese Pizza	Cheese Chicken Bacon	Cheese Sausage	Cheese Roast Veggie	Cheese Buffalo Chicken
VEGETABLE	Roasted Green Beans	Cucumber Salsa Tomato Salsa	Steamed Broccoli	BBQ Black Beans	Fruit Salad Baked Tator tots

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 STUDENT NUTRITION
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February 2022

MIDDLE SCHOOL LUNCH MENU

February 13 – February 17

Powering potential.™

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Cheese Tortellini or GF Pasta with Marinara Garlic Breadstick	GF Chicken Fajita	Loaded Popcorn Chicken Bowl	BBQ Pulled Pork Sandwich GF Bun Available	
GRILL	Atomic Burger	Cheese & Bean Quesadilla	Grilled Cheese with Ham GF Grilled Cheese	Chicken BLT Melt	EARLY DISMISSAL
DELI	Veggie Wrap	Chicken Ranch Wrap	BBQ Chicken Wrap	Italian Sub	NO LUNCH SERVED
PIZZA	Cheese BBQ Chicken	Cheese Pepperoni GF Cheese Pizza	Cheese White w/ Spinach	Cheese Chicken Parmesan	
VEGETABLE	Roasted Zucchini	Kickin' Pinto Beans Roast Tomato Salsa	Steamed Broccoli	Cole Slaw Corn on the Cob	

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GF – daily Gluten Friendly option available

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- *Deli Sandwiches
- *Hamburger
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February 2023

MIDDLE SCHOOL LUNCH MENU

February 20 – February 24

Powering potential.™

- CENTER PLATE
- GRILL
- DELI
- PIZZA
- VEGETABLE

MON	TUES	WED	THURS	FRI
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
FEBRUARY RECESS	FEBRUARY RECESS	FEBRUARY RECESS	FEBRUARY RECESS	FEBRUARY RECESS

Menus are subject to change.

GF – daily Gluten Friendly option available



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 *Deli Sandwiches
 *Hamburger
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