

March 2023

MIDDLE SCHOOL LUNCH MENU

February 27th – March 3



Powering potential.™

CENTER
PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Penne Pasta or GF Pasta with Marinara & Meatballs Garlic Breadstick	Chicken Nacho Bar on GF Corn Chips	General Tso Beef & Veggies	BBQ Chicken & Rice Bowl	French Toast Sticks or GF Bagel Turkey Sausage
GRILL	Grilled Cheese Melt	Cheese Quesadilla	California Chicken Sandwich	Breaded Cod Sandwich	Meatball Grinder
DELI	Italian Sub	Turkey & Cheddar Sandwich	Chicken Caesar Wrap	Ham & Cheese Sub GF 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	Green Beans	Baked Tator Tots

Menus are subject to change.

GF – daily Gluten Friendly option available



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

Student Lunch:

\$3.25

Free starting March 1



STUDENT
NUTRITION

This institution is an equal opportunity providers

March 2023

MIDDLE SCHOOL LUNCH MENU

March 6 – March 10



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CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

MON	TUES	WED	THURS	FRI
Penne Pasta with Chicken Patty Parmesan GF Pasta with Diced Chicken	Beef Tacos on GF Corn Shells with all the fixings	Chicken Mashed Potato Bowl	EARLY DISMISSAL	Blueberry Bash Mini Waffles Turkey Sausage
Spicy Chicken Patty	Grilled Three Cheese	Cheese Stuffed Breadsticks with Marinara Sauce		Chicken Quesadilla GF Chicken Quesadilla
Egg Salad Wrap	Italian Sub	Asian Chicken Wrap	NO LUNCH SERVED	Four Cheese Sub
Cheese Pepperoni	Cheese Chicken Bacon	Cheese Sausage GF Cheese Pizza		Cheese Buffalo Chicken
Roasted Green Beans	Mexi Corn Kickin' Pinto Bean	Steamed Broccoli		Roasted Sweet Potato

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March 2022

MIDDLE SCHOOL LUNCH MENU

March 13 - March 17



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CENTER
PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Chicken Penne Alfredo Garlic Breadstick	Southwest Chicken Stacker	GF Baked Potato Bar	Beef Chili Mac Bake	WG Pancakes GF Bagel or Muffin Turkey Sausage
GRILL	Atomic Burger	Cheese & Bean Quesadilla GF Cheese & Bean Quesadilla	Chicken BLT Melt	Grilled Cheese Melt	Cod Filet Sandwich
DELI	Veggie Wrap	Chicken Ranch Wrap	BBQ Chicken Wrap	Italian Sub	Ham & Cheese Melt
PIZZA	Cheese BBQ Chicken GF Cheese Pizza	Cheese Pepperoni	Cheese White w/ Spinach	Cheese ^W Chicken Parmesan GF Cheese Pizza	Cheese Sausage
VEGETABLE	Roasted Zucchini	BBQ Black Beans	Steamed Broccoli	Roasted Butternut Squash	Baked Tator Tots

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March 2023

MIDDLE SCHOOL LUNCH MENU

March 20 – March 24



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CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Pasta or GF Pasta with Marinara or Meat sauce Garlic Bread Stick	Beef Nachos with GF Corn Chips	Baked Chicken Tenders GF Chicken Tenders Corn Bread	Sweet & Sour Chicken with Fried Rice	Cheesy Sausage Breakfast Burrito
GRILL	Cheeseburger with Turkey Bacon	Buffalo Chicken Patty Sandwich	Meatball Grinder	Cheese Stuffed Breadsticks with Marinara	Grilled Cheese GF Grilled Cheese
DELI	Four Cheese Sub	Roast Beef & Cheddar Sandwich	Egg Salad Sandwich	Chicken Caesar Wrap GF Chicken Caesar Wrap	Italian Sub
PIZZA	Cheese BBQ Chicken	Cheese White with Spinach	Cheese Meatball	Cheese Pepperoni	Cheese Veggie Pizza
VEGETABLE	Roasted Cauliflower	Mexi Corn	Baked Beans	Roasted Broccoli	Roasted Sweet Potato Tomato Salsa

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March 2023

MIDDLE SCHOOL LUNCH MENU

March 27 – March 31



Powering potential.™

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
	Cheesy Baked Penne Garlic Breadstick	GF Spicy Taco Beef & Rice Bowl	Country Chicken Nugget Bowl GF Chicken Tenders	WG Mac & Cheese Corn Bread	Cinnamon French Toast Turkey Sausage
	Pizza Burger GF Pizza Burger	Egg & Cheese On a Bagel	Chicken Bacon Quesadilla	Grilled Honey Mustard Chicken Sandwich	Grilled Three Cheese GF Grilled Cheese
	Roast Veggie Wrap	Ham & Cheese Sub	Four Cheese Sub	Italian Sub	Turkey Club Sandwich
	Cheese Meatlovers	Cheese White with Broccoli	Cheese Cheeseburger	Cheese Pepperoni GF Cheese Pizza	Cheese Hawaiian
	Roasted Broccoli	Kickin' Pinto Beans	Roasted Carrots	Seasoned Zucchini	Baked Tator Tots

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