

# May 2023

## MIDDLE SCHOOL LUNCH MENU

May 1 – May 5



Powering potential.

CENTER  
PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Cheesy Baked Penne or <b>GF Pasta</b> Garlic Breadstick	<b>GF</b> Spicy Black Bean & Beef Taco Bowl	Loaded Tator Tot & Popcorn Chicken Bowl	Mac & Cheese Cornbread	Mini Blueberry Waffle or <b>GF Bagel</b> Scrambled Egg
GRILL	Pepperoni Pizza Burger	Egg & Cheese Bagel Sandwich	Chicken Bacon Quesadilla <b>GF Chicken Bacon Quesadilla</b>	Grilled Honey Mustard Chicken Melt	Grilled Ham & Cheese
DELI	Roasted Veggie Wrap	Ham & Cheese Sub	Four Cheese Sub	Italian Grinder	BBQ Chicken & Cheddar Melt
PIZZA	Cheese Meatlovers	Cheese White w/ Spinach	Cheese Cheeseburger	Cheese Pepperoni <b>GF Cheese Pizza</b>	Cheese Hawaiian
VEGETABLE	Roasted Broccoli	Tomato Salsa Kickin' Pinto Bean	Glazed Carrots	Green Beans	Baked Tator Tots

Menus are subject to change.

**GF – daily Gluten Friendly option available**

Student Lunch: FREE  
Adult Lunch: \$4.00



**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  
NUTRITION

This institution is an equal  
opportunity providers

# May 2023

## MIDDLE SCHOOL LUNCH MENU

May 8 – May 12



Powering potential.

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

MON	TUES	WED	THURS	FRI
Penne Pasta with Chicken Meatballs <b>GF Pasta with Diced Chicken</b>	<b>Chicken Nachos on GF Corn Chips</b> with all the fixings	Teriyaki Beef & Broccoli Brown Rice Bowl	<b>GF BBQ Chicken &amp; Brown Rice Bowl</b>	French Toast Sticks or <b>GF Muffin</b> Turkey Sausage
Atomic Burger	Cheese Quesadilla	California Ranch Chicken Sandwich	Roasted Veggie Wrap	Meatball Grinder
Italian Sub	Turkey & Cheddar Sandwich	Chicken Caesar Wrap	Tuna Salad Wrap	Turkey Sub
Cheese Chicken Parmesan	Cheese Meatball	Cheese White w/ Broccoli <b>GF Cheese Pizza</b>	Cheese Pepperoni	Cheese Buffalo Chicken
Roasted Asparagus	BBQ Black Beans	Roasted Carrots	Steamed Broccoli	Baked Tator Tots

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# May 2022

## MIDDLE SCHOOL LUNCH MENU

May 15 – May 19



Powering potential.


CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
	Penne Pasta with Chicken Patty Parmesan <b>GF Pasta with Diced Chicken</b>	 BBQ Pulled Pork Sandwich	<b>Beef Taco on GF Corn Shells</b> with all the fixings	Honey Stung Popcorn Chicken with WG Soft Pretzel	WG Pancakes <b>GF Bagel or Muffin</b> Turkey Sausage
	Atomic Burger	Cheese & Bean Quesadilla <b>GF Cheese &amp; Bean Quesadilla</b>	Chicken BLT Melt	Turkey Burger	Cod Filet Sandwich
	Veggie Wrap	Chicken Ranch Wrap	BBQ Chicken Wrap	Italian Sub	Ham & Cheese Melt
	Cheese BBQ Chicken	Cheese Pepperoni	Cheese White w/ Spinach	Cheese Chicken Parmesan <b>GF Cheese Pizza</b>	Cheese Sausage
	Roasted Zucchini	Cole Slaw New England Baked Beans	Roasted Grape Tomato	Steamed Broccoli	Baked Tator Tots

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# May 2023

## MIDDLE SCHOOL LUNCH MENU

May 22 – May 26



Powering potential.

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Chicken Penne Alfredo or <b>GF Pasta</b> Garlic Bread Stick	Beef Nachos with <b>GF Corn Chips</b>	<b>GF Baked Potato Bar</b> with all the fixings	Buffalo Chicken Meatball Mac & Cheese	WG Waffles Scrambled Egg
GRILL	Cheeseburger with Turkey Bacon	Bean & Cheese Quesadilla	Chicken BLT	Turkey Burger	Grilled Chicken Sandwich <b>GF Chicken Sandwich</b>
DELI	Four Cheese Sub	Roast Beef & Cheddar Sandwich	Egg Salad Sandwich	Chicken Caesar Wrap <b>GF Chicken Caesar Wrap</b>	Italian Sub
PIZZA	Cheese BBQ Chicken	Cheese Pepperoni	Cheese White w/ Broccoli	Cheese Chicken Parmesan	Cheese Sausage Pizza
VEGETABLE	Roasted Asparagus	Mexi Pinto Beans	Steamed Broccoli	Roasted Carrots	Baked Tator Tots

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**Adult Lunch: \$4.00**



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# May 2023

## MIDDLE SCHOOL LUNCH MENU

May 29 – June 2



Powering potential.

CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
<b>MEMORIAL DAY</b>		Chicken Tacos on GF Corn Chips	Baked Chicken Tenders Cornbread GF Chicken Tenders	Sweet & Sour Chicken & Brown Rice Bowl	Cheesy Sausage & Egg Breakfast Burrito
<b>SCHOOL CLOSED</b>		Buffalo Chicken Sandwich	Meatball Grinder	Cheese Stuffed Breadstick with Marinara Dipping Sauce	Grilled Three Cheese GF Grilled Cheese
		Roast Beef & Cheddar Sub	Egg Salad Sandwich	Chicken Caesar Wrap	Italian Sub
		Cheese BBQ Chicken	Cheese Meatball	Cheese Pepperoni GF Cheese Pizza	Cheese Veggie
		Corn & Black Bean Salsa	Roasted Carrots & Zucchini	Steamed Broccoli	Baked Tator Tots

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**aramark**  
STUDENT NUTRITION  
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