

November 2022

MIDDLE SCHOOL LUNCH MENU

November 7 – November 11



Powering potential.™

- CENTER PLATE
- GRILL
- DELI
- PIZZA
- VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Spaghetti or GF Pasta & Meatballs Garlic Bread	ELECTION DAY NO SCHOOL	Chicken & Veggie Harvest Grain Bowl	Kickin' Chicken & Cauliflower Fries	VETERANS DAY NO SCHOOL
GRILL	Spicy Chicken Patty		Meatball Grinder	Veggie & Cheese Melt GF Veggie & Cheese Melt	
DELI	Feta & Veggie Wrap		Tuna Salad Wrap	Chicken BLT	
PIZZA	Cheese Pepperoni		Cheese Hawaiian GF Cheese Pizza	Cheese Roasted Veggie	
VEGETABLE	Green Beans Spinach & Mandarin Orange Salad		Roasted Carrots Chickpea & Tomato Salad	Roasted Corn Steamed Broccoli	

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

Student Lunch:
Free



Offered Daily
Fruit, Yogurt & Granola Parfait

Grab-n-Go Salads & Sandwiches

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

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STUDENT NUTRITION

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November 2022

MIDDLE SCHOOL LUNCH MENU

November 14 – November 18

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CENTER PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Chicken, Broccoli & Alfredo Pasta Garlic Bread	Chicken Fajitas GF Chicken Fajita	<u>Breakfast for Lunch</u> WG Waffles Turkey Sausage	Turkey Gobbler Bowl	BBQ Chicken Macaroni Bake
GRILL	Sweet & Spicy Chicken Sandwich	Cheese Quesadilla	GF Egg & Cheese Omelets	Three Cheese Grilled Cheese GF Grilled Cheese	Pepperoni Pizza Burger
DELI	Italian Combo	Roast Beef & Cheddar	Turkey Club	Cranberry Chicken Salad Wrap	Chicken Caesar Wrap
PIZZA	Cheese White Spinach GF Cheese Pizza	Cheese Pepperoni	Cheese Meatlovers	Cheese Veggie	Cheese BBQ Chicken & Ranch GF Cheese Pizza
VEGETABLE	Roasted Tomatoes Caesar Salad	Corn & Black Bean Salad Roasted Broccoli	Tator Tots Green Bean Salad	Butternut Squash Garden Salad	Corn on the Cob Roasted Zucchini

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MIDDLE SCHOOL LUNCH MENU

November 21 – November 25



Powering potential.™

- CENTER PLATE
- GRILL
- DELI
- PIZZA
- VEGETABLE

	MON	TUES	WED	THURS	FRI
CENTER PLATE	Pasta or GF Pasta with Meatsauce or Marinara & Garlic Bread	Veggie Lo Mein	EARLY DISMISSAL NO LUNCH SERVED	THANKSGIVING BREAK – SCHOOL CLOSED	
GRILL	Chicken Club Melt	Grilled Chicken Sandwich GF Grilled Chicken Sandwich			
DELI	Ham & Cheese With Honey Mustard	Turkey & Cheddar			
PIZZA	Cheese Buffalo Chicken	Cheese Meatball			
VEGETABLE	Steamed Spring Peas Spinach & Roasted Red Pepper Salad	Roasted Green Beans 3 Bean Salad			

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MIDDLE SCHOOL LUNCH MENU

November 28 – December 2



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CENTER
PLATE

GRILL

DELI

PIZZA

VEGETABLE

	MON	TUES	WED	THURS	FRI
		<u>Taco Tuesday</u> Seasoned turkey meat in soft or GF crispy corn shells & all the fixings	Philly Cheesesteak	Buffalo Chicken Meatball Mac & Cheese	Oven Baked Chicken Tenders GF Chicken Tenders
	Chicken Cutlet with Mozzarella & Roasted Red Pepper	Atomic Pepperjack Burger	Veggie & Cheese Melt GF Veggie & Cheese Melt	Cheese Quesadilla	Spicy Chicken Patty
	Chicken Caesar Wrap	Buffalo Chicken Wrap	Feta & Veggie Wrap	Roast Beef & Cheddar	Tuna Salad Wrap
	Cheese Pepperoni GF Cheese Pizza	Cheese White with Broccoli	Cheese Meatlovers	Cheese Hawaiian GF Cheese Pizza	Cheese Chicken Parmesan
	Sweet Potato Puffs	Santa Fe Black Beans	Red & Green Pepper Strips	Roasted Broccoli	Tomato & Cucumber Salad
	Garden Salad	Roasted Carrots	Caesar Salad	Caesar Salad	Oven Baked Fries

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