



September 2023

MIDDLE SCHOOL LUNCH MENU

August 28 – September 1

Powering
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Cheeseburger Rollettos Steamed Broccoli	Twin Beef Tacos Brown Rice Black Beans	Chicken Dumplings Fried Rice Snow Peas	Spaghetti & Meatballs Roasted Carrots	Waffles Turkey Sausage Baked Tator Tots
GRILL	Baked Chicken Tender & WG Dinner Roll	Cheese & Bean Quesadilla	Pizza Burger	BBQ Chicken Sandwich	Grilled Three Cheese
PIZZA	Pepperoni	BBQ Sriracha Chicken	Cheeseburger	Veggie Pesto	Meatlovers
DELI	Italian Wrap	Chicken Caesar Wrap	Roasted Veggie Wrap	Tuna Salad Wrap	Ham & Cheese Sandwich
SALAD	Blueberry Parfait Cobb Salad	Blueberry Parfait Apple Cheddar Salad	Blueberry Parfait Chicken Caesar Salad	Blueberry Parfait Veggie Baja Salad	Blueberry Parfait Ranch Chicken Salad



Menus are subject to change.

This institution is an equal
opportunity providers

aramark
STUDENT
NUTRITION

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 Choice of:
Fruits and/or
Vegetable
And May Include:
1% Low-Fat OR Skim
Chocolate Milk

All Breads are whole grain &
delivered fresh everyday
~
Chicken is whole muscle
~
Milk is hormone & antibiotic
free




September 2023

MIDDLE SCHOOL LUNCH MENU

September 4 – September 8

Powering
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	NO SCHOOL	Beef Nachos Kickin' Pinto Beans	Cheesy Baked Penne Garlic Bread Broccoli & Cauliflower	Chicken Tiki Masala Bowl Roasted Carrots	Pancakes Scrambled Eggs Baked Tator Tots
GRILL		Grilled Ham & Cheese	Meatball Grinder	Cheese Stuffed Breadsticks	California Chicken Sandwich
PIZZA		White with Broccoli	Pepperoni	Buffalo Chicken	Hawaiian
DELI	LABOR DAY	Buffalo Chicken Wrap	Italian Sub	Asian Chicken Wrap	Turkey BLT
SALAD		Apple, Cheese & Yogurt Plate Greek Salad	Apple, Cheese & Yogurt Plate Chicken Caesar	Apple, Cheese & Yogurt Plate Fajita Nacho Salad	Apple, Cheese & Yogurt Plate Hard Boiled Egg Chef Salad

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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

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September 2023

MIDDLE SCHOOL LUNCH MENU

September 11 – September 15

Powering
potential.

EARLY
DISMISSAL

	MON	TUES	WED	THURS	FRI
ENTREE	Chicken Penne Alfredo Roasted Zucchini	Chicken Fajita Quesadilla Corn & Black Beans	Baked Potato Bar Steamed Broccoli	Burger Bar with all the fixings	Mini Maple Waffles Turkey Sausage Sweet Potato Fries
GRILL	BBQ Chicken Tender Melt	Egg & Cheese on a Bagel	BLT Ranch Chicken Sandwich		Chicken Parm Melt
PIZZA	Meatball	BBQ Chicken	Pepperoni	Cheese	White with Spinach & Tomato
DELI	Chicken Salad Sub	Italian Wrap	Chicken Caesar Wrap	Sunbutter & Jelly Turkey & Cheddar	Ham & Cheese Wrap
SALAD	Strawberry Parfait Chef Salad	Strawberry Parfait Chicken Baja Salad	Strawberry Parfait Mediterranean Chicken & Hummus Salad	Garden Salad Garden Salad with Chicken	Strawberry Parfait Chicken Caesar Salad



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Available Everyday:

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PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

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MIDDLE SCHOOL LUNCH MENU

September 18 – September 22

Powering
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	Alfredo Mac & Cheese w/ Chicken Baked Beans	Twin Beef Soft Tacos Red & Orange Pepper Strips	Loaded Tator Tot & Popcorn Chicken Bowl WG Biscuit Roasted Cauliflower	General Tso Beef & Rice Bowl Steamed Broccoli	French Toast Sticks Turkey Sausage Baked Tator Tots
GRILL	Cheese Quesadilla	Farmhouse Chicken Sandwich	Grilled Three Cheese	Baked Chicken Tenders	Honey Mustard Chicken Sandwich
PIZZA	Taco Pizza	BBQ Chicken & Ranch	Roasted Veggie	Pepperoni	Buffalo Chicken
DELI	Italian Sub	Egg Salad Wrap	Ham & Cheese Sub	Veggie & Hummus Wrap	Chicken Caesar Wrap
SALAD	Fruit, Yogurt & Cottage Cheese Plate Cobb Salad	Fruit, Yogurt & Cottage Cheese Plate Veggie Baja Salad	Fruit, Yogurt & Cottage Cheese Plate Chicken Caesar Salad	Fruit, Yogurt & Cottage Cheese Plate Apple Cheddar Salad	Fruit, Yogurt & Cottage Cheese Plate Greek Salad



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PIZZA: Cheese

DELI: Sunbutter & Jelly, Turkey & Cheddar Sandwich

SALAD: Garden Salad with & without chicken

Student Lunch: \$3.25

Adult Lunch: \$4.00

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September 2023

MIDDLE SCHOOL LUNCH MENU

September 25 – September 29

Powering
potential.

	MON	TUES	WED	THURS	FRI
ENTREE	NO SCHOOL	Chicken Burrito Refried Beans	BBQ Pulled Pork Sandwich Corn on the Cob Baked French Fries	Pasta with Marinara or Meatsauce Garlic Bread Broccoli & Cauliflower	Mini Blueberry Waffles Scrambled Eggs Maple Sweet Potatoes
GRILL		Pizza Burger	Meatball Grinder	California Chicken Sandwich	BBQ Chicken Tender & Cheddar Melt
PIZZA		Pepperoni	Cheeseburger	Veggie Pesto	Meatlovers
DELI	YOM KIPPUR	Italian Wrap	Veggie Wrap	Chicken Caesar Wrap	Four Cheese Sub
SALAD		Peach Parfait Ranch Chicken Salad	Peach Parfait Chicken Caesar Salad	Peach Parfait Fajita Nacho Salad	Peach Parfait Hard Boiled Egg Chef Salad



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STUDENT
NUTRITION

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

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