



MAY | 2018

MIDDLE SCHOOL LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 FAT FREE MILK Reduced fat macaroni and cheese Savory garlic toast Seasoned green beans Sliced pears Salad bar	2 FAT FREE MILK CHICKEN TENDERS Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	3 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar	4 HALF DAY OF SCHOOL BREAKFAST SERVED USDA is an equal opportunity provider and employer"
7 FAT FREE MILK Baked whole grain chicken nugget Potato wedges/Granola Bar Mixed green garden salad Diced peaches Salad bar	8 FAT FREE MILK Seasoned beef Tacos Lettuce/tomato/cheese Tex-mex refried bean dip Black bean & corn fiesta Mixed fruit Salad bar	9 FAT FREE MILK Baked Steak burger Served on a whole grain bun Baked oven sweet potato puffs Baked beans Orange wedges Salad bar	10 FAT FREE MILK Classic homemade chili/soup Whole grain crackers Whole grain bread stick Baby carrots and low fat dip Fresh red grapes Salad bar	11 FAT FREE MILK PIZZA DAY Homestyle whole grain pizza Your choice cheese or pepperoni Steamed broccoli buds or peas Sliced pears/salad bar
14 FAT FREE MILK Champion Bnls BBQ Chicken Wing Wh Grain Twisted Breadstick Oven baked fries Seasoned Green Beans Pineapple& orange wedges Salad bar	15 FAT FREE MILK Hotdog cook-out day Hotdog on a whole grain bun Fun sized chips Corn on the cob Chilled pears Salad bar	16 FAT FREE MILK Chicken fajita Served on ultra grain tortilla Green peppers and onions Tex-mex refried bean dip Fresh romaine garden salad Sliced peaches Salad bar	17 FAT FREE MILK Asian stir fry day New Orleans's style General Tso' spicy chicken Stir fry veggies Fluffy wild rice Fortune cookie Mandarin oranges Salad bar	18 FAT FREE MILK TASTE OF ITALY Bosco cheese stuffed breadstick Meat and cheese sauce Steamed broccoli buds Pineapple tid-bits Salad bar
21 FAT FREE MILK Tasty Honey Beef dippers Oven baked fries Whole grain breadstick Baby carrots and dip Mixed fruit Salad bar	22 FAT FREE MILK Honey BBQ Rib Sandwich Served on a whole grain bun Fun sized chips Corn on the cob Assorted fresh fruit bowl Salad bar	23 FAT FREE MILK Full sized corn dog Baked tarter tots Bolstered baked beans Cinnamon applesauce Fresh fruit apple/orange Salad bar	24 FAT FREE MILK Baked popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden savory corn Chilled applesauce Salad bar	25 FAT FREE MILK PIZZA DAY Homestyle WG stuffed crust pizza Your choice cheese or pepperoni Steamed broccoli buds or peas Sliced pears/salad bar
28 NO SCHOOL Featured daily vegetables Monday Spinach Tuesday Radish Wednesday Mushrooms Thursday Red peppers Friday Peas	29 FAT FREE MILK Southern delight Waffle and chicken bites Warm syrup Hash brown Fresh grapes & mixed fruit 100% fruit juice Salad bar	30 FAT FREE MILK Build your own Nacho Bar Meat and cheese Lettuce/tomato/salsa/sr cream Black bean and corn fiesta Fresh apple slices Salad bar	31 FAT FREE MILK CHICKEN BOWL Popcorn chicken Mashed potatoes and gravy Whole grain dinner roll Golden Savory Corn Applesauce Salad bar	

News

CHECK OUT OUR EXPANDED SALAD BARS INCLUDED WITH ALL MEALS

SECOND LUNCH CHOICE AVAILABLE

SALAD BAR ITEMS OFFERED DAILY INCLUDE: ROMAINE LETTUCE, TOMATOES, CELERY, CARROTS, GREEN PEPPERS, CUCUMBERS, ONIONS, BROCCOLI, AND CAULIFLOWER

MILK CHOICES INCLUDE FLAVORED AND UNFLAVORED FAT FREE MILK DAILY WITH ALL MEALS