




Middle School Lunch Menu

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday			
	3 Chicken Parmesan w/ Garlic Toast Hot Dog Loaded Baked Potato Green Peas Baked Apples Whole Kernel Corn	4 Cheeseburger or Hamburger Corn Dog Chili Cornbread Bowl Green Beans Oven Baked Fries Mixed Blend Vegetables	5 Popcorn Chicken w/ Homestyle Roll Chicken Quesadilla Loaded Baked Potato Mexicali Rice Broccoli	6 Fish Sticks w/ Hushpuppies Choice of Pizza: Cheese or Pepperoni Breaded Chicken Sandwich Mac & Cheese Peas & Carrots Mixed Blend Vegetables Friday Treat			
9 Turkey Pepperoni Stuffed Sandwich Chicken Nuggets w/ Homestyle Roll Hot Ham & Cheese Croissant Mixed Blend Vegetables Buttery Carrots Green Beans	10 Meatball Sub Lasagna with Garlic Toast Loaded Baked Potato Spinach Baked Apples Buttery Carrots	11 Mini Turkey Corn Dogs Tangerine Chicken General Tso Chicken Fried Rice Mixed Blend Vegetables Honey Glazed Carrots	12 Breaded Chicken Sandwich Beef & Chicken Nachos Loaded Baked Potato Pinto Beans Broccoli w/ Cheese Whole Kernel Corn	13 Cheeseburger or Hamburger Choice of Pizza: Cheese or Pepperoni Fish Stick Basket Peas & Carrots Baked Beans Friday Treat			
16 BBQ Pork Cornbread Bowl Chicken Nuggets w/ Homestyle Roll Italian Chicken Sub Oven Baked Fries Green Beans Mixed Blend Vegetables	17 Pasta w/ Meatballs Garlic Toast Cheeseburger or Hamburger Loaded Baked Potato Brussels Sprouts Baked Apples	18 Grilled Cheese Chicken Nuggets w/Homestyle Roll Hot Ham & Cheese Croissant Tomato Soup Honey Glazed Carrots Broccoli Mixed Blend Vegetables	19 Cheese Enchiladas Cheeseburger or Hamburger Loaded Baked Potato Texas Ranchero Beans Whole Kernel Corn Mixed Blend Vegetables	20 Popcorn Chicken Basket Choice of Pizza: Cheese or Pepperoni BBQ Chicken Sandwich Buttery Carrots Baked Beans Friday Treat			
23 Salisbury Steak w/ Gravy Breaded Drumstick Chicken Nuggets Homestyle Roll Mashed Potatoes w/ Gravy Honey Glazed Carrots Green Beans	24 Chicken Alfredo w/ Garlic Toast Cheeseburger or Hamburger Loaded Baked Potato Green Peas Baked Apples Whole Kernel Corn	25 Corn Dog Popcorn Chicken w/Homestyle Roll Buffalo Chicken Wrap Oven Baked Fries Texas Ranchero Beans Mixed Blend Vegetables	26 Beef & Cheese Burrito Chicken Nuggets w/ Homestyle Roll Loaded Baked Potato Pinto Beans Broccoli Whole Kernel Corn	27 Choice of Pizza: Cheese or Pepperoni Breaded Chicken Sandwich Breaded Fish Pollock w/Hushpuppies Peas & Carrots Baked Beans Friday Treat			
30 Chicken Nuggets w/ Homestyle Roll Hot Ham & Cheese Croissant Sloppy Joe Sandwich Mixed Blend Vegetables Sugar Snap Peas Honey Glazed Carrots	<p style="text-align: center;">In addition to the daily menu, a variety of fresh fruits, small side salads, raw vegetables and the below sandwiches, signature salads, and beverages are offered.</p> <table border="0" style="width: 100%;"> <tr> <td style="width: 33%; vertical-align: top;"> <u>Sandwiches</u> PB&J Ham & Cheese Turkey & Cheese </td> <td style="width: 33%; vertical-align: top;"> <u>Rotating Signature Salads</u> Chef Salad Caesar Salad Turkey Salad Asian Salad Chicken Popcorn Salad Garden Salad </td> <td style="width: 33%; vertical-align: top;"> <u>Beverages</u> Borden Milk: 1% Low-fat & Fat Free Varieties 10 oz. Bottled Water Apple & Eve 100% Juices </td> </tr> </table>				<u>Sandwiches</u> PB&J Ham & Cheese Turkey & Cheese	<u>Rotating Signature Salads</u> Chef Salad Caesar Salad Turkey Salad Asian Salad Chicken Popcorn Salad Garden Salad	<u>Beverages</u> Borden Milk: 1% Low-fat & Fat Free Varieties 10 oz. Bottled Water Apple & Eve 100% Juices
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