

Middle School

November 18-22

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special

The Fresh Pick for November is Squash!



MONDAY	Frito Chili Pie offered with Golden Corn	V
TUESDAY	Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots	V
WEDNESDAY	**World Street Food Day: Glorious Grilled Cheese	
THURSDAY	Teriyaki Beef Stir Fry offered with Rice & Steamed Broccoli	
FRIDAY	Chicken Fried Chicken offered with Mashed Potatoes & Gravy, Green Beans and Dinner Roll	

Daily Special & Everyday



MONDAY	Chicken Tenders offered with Dinner Roll & Tater Tots
TUESDAY	Popcorn Chicken offered with Dinner Roll & French Fries
WEDNESDAY	Turkey & Dressing Mashed Potatoes w/ Gravy Green Beans, Hot Roll, Apple Crisp
THURSDAY	Popcorn Chicken offered with Dinner Roll & Potato Wedges
FRIDAY	Chicken Fried Steak Sandwich offered with Western Baked Beans



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust

MONDAY	Supreme Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Spicy Buffalo Chicken Pizza
THURSDAY	Italian Sausage Calzone
FRIDAY	BBQ Chicken Pizza



Daily Specials

Bean & Cheese Nachos offered daily!

MONDAY	Chicken Nachos or Tacos offered with Refried Beans
TUESDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
WEDNESDAY	
THURSDAY	Beef Nachos or Tacos offered with Fiesta Potatoes
FRIDAY	Chicken Nachos or Tacos offered with Frijoles Charros Beans



Daily Specials & Everyday

Turkey and Ham Subs made fresh and offered daily

Fast Takes products are made daily using local ingredients when seasonally available

MONDAY	Crispy Chicken Salad or Fiesta Wrap	
TUESDAY	Crispy Chicken Salad or Fiesta Wrap	
WEDNESDAY	Crispy Chicken Salad or Fiesta Wrap	
THURSDAY	Chef Salad or Protein Power Box (V)	V
FRIDAY	Spicy Buffalo Chicken Salad or Sun-butter & Jelly Sandwich (V)	V

V Vegetarian

SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

This institution is an equal opportunity provider.



Nutrition Information is available upon request.