



February

2019

Middle School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p>We offer a rotation of vitamin and mineral rich fruit and vegetables.</p> <p>We only use whole grain breads, pastas & rice.</p> <p>We serve 100% fruit juice.</p> <p>***Get Enough Sleep***</p> <p><small>Menus are subject to change without notice.</small></p>
				<p>1 <u>Spicy Popcorn</u> <u>Chicken w/ Dipping Sauces</u> Egg Salad Sandwich w/ Pretzel Popcorn Chicken Salad w/ Roll Steamed Spinach</p>	
<p>4 Drumstick w/ Corn Muffin Ham Sandwich w/ Pretzel Egg Chef Salad w/ Roll Mashed Potatoes</p>	<p>5 Chicken Parmesan w/ Spaghetti Turkey & Cheese Sub w/ Chips Tuna Platter w/ Roll Green Beans</p>	<p>6 Chili Cheese Baked Potato w/ Pretzel Chicken Caesar Wrap w/ Pretzel Buffalo Chicken Salad w/ Roll Orange Glazed Carrots</p>	<p>7 <u>Breakfast Burrito</u> Chicken Cheddar Wrap w/ Chips Chicken Salad Platter w/ Roll Baked Beans</p>	<p>8 Vegetarian Fried Rice w/ Egg Roll Ham & Turkey Wrap w/ Pretzel Winter Fruit & Cheese Plate w/ Roll Steamed Spinach</p>	
<p>11 Fish Bites w/ Breadstick Chicken Caesar Wrap w/ Pretzel Bean Nacho Salad w/ Roll CrisCut French Fries</p>	<p>12 <u>Watchos</u> Turkey & Cheese BaBoom Sub w/ Chips Summer Fruit & Cheese Plate w/ Roll Roasted Cauliflower</p>	<p>13 <u>Italian Meatball Sub</u> Ham, Turkey & Cheese Sandwich w/ Pretzel Egg Salad w/ Roll Roasted Sweet Potatoes</p>	<p>14 Parent – Teacher – Conference ***NO SCHOOL***</p>	<p>15 Parent – Teacher – Conference ***NO SCHOOL***</p>	
<p>18 Presidents' Day *District Closed*</p>	<p>19 Chicken & Sausage Etouffee w/ Cilantro Rice Santa Fe Turkey Wrap w/ Chips Turkey Chef Salad w/ Roll Green Beans & Carrots</p>	<p>20 Orange Popcorn Chicken w/ LoMein Noodles Ham & Cheese Sandwich w/ Pretzel Turkey & Cheese Salad w/ Roll Sweet Potato Bites</p>	<p>21 Chipotle Vegetable Bean Chili w/ Chips Ham & Turkey Sub w/ Chips Vegetarian Greek Salad w/ Roll Black Charro Beans</p>	<p>22 Nacho Cheese Walking Taco Turkey & Cheese Sandwich w/ Pretzel Baja Chicken Salad w/ Roll Steamed Broccoli</p>	
<p>25 <u>Chicken & White Bean Chipotle Chili w/ Chips</u> Ham & Cheese Wrap w/ Pretzel Ham Chef Salad w/ Roll Zucchini w/ Margarine</p>	<p>26 Vegetarian Chili Mac w/ Breadstick Chicken Salad Sandwich w/ Chips Egg Platter w/ Roll Roasted Carrots</p>	<p>27 Country Chicken Nugget Bowl w/ Roll Mediterranean Wrap w/ Pretzel Chicken Caesar Salad w/ Roll Steamed Corn</p>	<p>28 General Tso's Beef w/ Vegetable & Yellow Rice Ham & Turkey Sub w/ Chips Chicken Nacho Salad w/ Roll Kickin' Pinto Beans</p>		

Enjoy our weekly rotating Pasta and Stir Fry MTO Stations.

FUEL: February 7th and 12th



This institution is an equal opportunity provider.