

Middle School Lunch

Week 1 - Oct. 1 to Oct. 5, 2018

Our menus are aligned with the USDA's 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

Traditions offers protein, grains and vegetables to make a delicious home-style dish. Daily Special Listed.



- MONDAY** Teriyaki Chicken and Rice
- TUESDAY** Macaroni & Cheese w/ Dinner Roll
- WEDNESDAY** Salisbury Steak w/ Dinner Roll
- THURSDAY** Homemade Chicken Pot Pie
- FRIDAY** French Toast Sticks w/ Pork Sausage Patty

Daily Special/Everyday

Choice of sandwich (turkey or ham), salad or wrap. PB&J offered daily (though not listed). Freshly baked rolls offered daily with salad options.



- MONDAY** Chicken Caesar Wrap
Turkey & Cheese Sub
- TUESDAY** Buffalo Chicken Wrap
Chicken Caesar Salad
- WEDNESDAY** Buffalo Chicken Salad
Turkey & Cheese Wrap
- THURSDAY** Italian Wrap
Spanish Ham & Cheese Sub
- FRIDAY** Southwest Wrap
Fiesta Salad



Everyday Grill Choices

Cheeseburger & Crispy Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday, & Friday. Daily Vegetarian Option is Grilled Cheese. Daily specials listed below.

- MONDAY** Rib B Que Sandwich
- TUESDAY** Chilly Philly Sub
- WEDNESDAY** Meatball Sub
- THURSDAY** Hot Dog
- FRIDAY** BBQ Smokehouse Flatbread



Everyday Choice

Fresh cheese & pepperoni pizza offered daily.

Daily Specialty Pizza listed.

- MONDAY** Mac & Cheese Pizza
- TUESDAY** Hand Tossed Italian Sausage Pizza
- WEDNESDAY** Hand Tossed Buffalo Chicken Pizza
- THURSDAY** Cheese Calzone
- FRIDAY** Margherita Pizza



Everyday Choice

Nachos or Soft Tacos offered daily. Pick your protein and toppings. Daily Special Listed.

- MONDAY** Enchilada Casserole
- TUESDAY** Walking Nachos
- WEDNESDAY** Chicken Quesadilla
- THURSDAY** Chicken Fajitas
- FRIDAY** Beef Quesadilla

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



Middle School Lunch

Week 2 - Oct. 8 to Oct. 12, 2018

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

Traditions offers protein, grains and vegetables to make a delicious home-style dish. Daily Special Listed.



- MONDAY** BBQ Chicken Drumstick w/ Mac & Cheese & Dinner Roll
- TUESDAY** Country Fried Steak & Gravy w/ Dinner Roll
- WEDNESDAY** BBQ Pulled Pork w/ Mac & Cheese & Dinner Roll
- THURSDAY** Chili Cheese Fries w/ Dinner Roll
- FRIDAY** Baked Penne Pasta w/ Dinner Roll

Daily Special/Everyday

Choice of sandwich (turkey or ham), salad or wrap. PB&J offered daily (though not listed). Freshly baked rolls offered daily with salad options.



- MONDAY** Chicken Caesar Wrap
Turkey & Cheese Sub
- TUESDAY** Spicy Asian Chicken Wrap
Chicken Caesar Salad
- WEDNESDAY** Buffalo Chicken Wrap
Crispy Chicken Salad
- THURSDAY** Crispy Chicken Wrap
Spanish Ham & Cheese Sub
- FRIDAY** Chicken Ranch Wrap
Chicken Fajita Salad



Everyday Grill Choices

Cheeseburger & Crispy Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday, & Friday. Daily Vegetarian Option is Grilled Cheese. Daily specials listed below.

- MONDAY** Beef Philly Cheese Steak
- TUESDAY** Chicken Parm Sandwich
- WEDNESDAY** Meatball Sub
- THURSDAY** BBQ Pulled Pork Sandwich
- FRIDAY** Chicken Cordon Bleu Sandwich



Everyday Choice

Fresh cheese & pepperoni pizza offered daily.

Daily Specialty Pizza listed.

- MONDAY** BBQ Chicken Pizza
- TUESDAY** Meat Lover's Pizza
- WEDNESDAY** Vegetable Pizza
- THURSDAY** Italian Sausage Pizza
- FRIDAY** Pepperoni Calzone



Everyday Choice

Nachos or Soft Tacos offered daily. Pick your protein and toppings. Daily Special Listed.

- MONDAY** Enchilada Suiza
- TUESDAY** Chicken Fajitas
- WEDNESDAY** Cheese Quesadilla
- THURSDAY** Walking Nachos
- FRIDAY** Beef Quesadilla

This institution is an equal opportunity provider.

Nutrition Information is available upon request.



Middle School Lunch

Week 3 - Oct. 15 to Oct. 19, 2018

Our menus are aligned with the USDA's 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

Traditions offers protein, grains and vegetables to make a delicious home-style dish. Daily Special Listed.



- MONDAY** General Tso Chicken w/ Fried Rice
- TUESDAY** Turkey & Gravy w/ Rice
- WEDNESDAY** Beefy Mac w/ Dinner Roll
- THURSDAY** Popcorn Chicken Bowl w/ Dinner Roll
- FRIDAY** Teriyaki Beef Stir Fry w/ Fried Rice

Daily Special/Everyday

Choice of sandwich (turkey or ham), salad or wrap. PB&J offered daily (though not listed). Freshly baked rolls offered daily with salad options.



- MONDAY** Chicken Caesar Wrap
Turkey & Cheese Sub
- TUESDAY** Buffalo Chicken Wrap
Chicken Caesar Salad
- WEDNESDAY** Buffalo Chicken Salad
Turkey & Cheese Wrap
- THURSDAY** Italian Wrap
Spanish Ham & Cheese Sub
- FRIDAY** Southwest Wrap
Fiesta Salad



Everyday Grill Choices

Cheeseburger & Crispy Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday, & Friday. Daily Vegetarian Option is Grilled Cheese. Daily specials listed below.

- MONDAY** Rib Q Sandwich
- TUESDAY** Chilly Philly Sub
- WEDNESDAY** Meatball Sub
- THURSDAY** Hot Dog
- FRIDAY** BBQ Smokehouse Flatbread



Everyday Choice

Fresh cheese & pepperoni pizza offered daily.

Daily Specialty Pizza listed.

- MONDAY** Chicken & Mushroom Pizza
- TUESDAY** Italian Sausage Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Sausage Calzone
- FRIDAY** Garden Alfredo Pizza



Everyday Choice

Nachos or Soft Tacos offered daily. Pick your protein and toppings. Daily Special Listed.

- MONDAY** Baked Bean & Cheese Enchilada
- TUESDAY** Walking Nachos
- WEDNESDAY** Chicken Quesadilla
- THURSDAY** Chicken Fajitas
- FRIDAY** Beef Quesadilla

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Nutrition Information is available upon request.

Middle School Lunch

Week 4 - Oct. 22 to Oct. 26, 2018

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

Traditions offers protein, grains and vegetables to make a delicious home-style dish. Daily Special Listed.



- MONDAY** Salisbury Steak w/ Biscuit
- TUESDAY** Chicken Alfredo Macaroni w/ Dinner Roll
- WEDNESDAY** Rainbow Chili & Cheese Baked Potato w/ Dinner Roll
- THURSDAY** Flaming Buffalo Chicken Strips & Mac & Cheese w/ Dinner Roll
- FRIDAY** Half Day/Early Dismissal Bag Lunches

Daily Special/Everyday

Choice of sandwich (turkey or ham), salad or wrap. PB&J offered daily (though not listed). Freshly baked rolls offered daily with salad options.



- MONDAY** Chicken Caesar Wrap
Turkey & Cheese Sub
- TUESDAY** Buffalo Chicken Wrap
Chicken Caesar Salad
- WEDNESDAY** Buffalo Chicken Wrap
Crispy Chicken Salad
- THURSDAY** Crispy Chicken Wrap
Spanish Ham & Cheese Sub
- FRIDAY** Half Day/Early Dismissal Bag Lunches



Everyday Grill Choices

Cheeseburger & Crispy Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday, & Friday. Daily Vegetarian Option is Grilled Cheese. Daily specials listed below.

- MONDAY** Beef Philly Cheese Steak
- TUESDAY** Chicken Parm Sandwich
- WEDNESDAY** BBQ Pulled Pork Sandwich
- THURSDAY** Meatball Sub
- FRIDAY** Half Day/Early Dismissal Bag Lunches



Everyday Choice

Fresh cheese & pepperoni pizza offered daily.

Daily Specialty Pizza listed.

- MONDAY** BBQ Chicken Pizza
- TUESDAY** Three Cheese Flatbread Pizza
- WEDNESDAY** Bruschetta Pizza
- THURSDAY** Italian Sausage Pizza
- FRIDAY** Half Day/Early Dismissal Bag Lunches



Everyday Choice

Nachos or Soft Tacos offered daily. Pick your protein and toppings. Daily Special Listed.

- MONDAY** Enchilada Suzia
- TUESDAY** Fajita Chicken
- WEDNESDAY** Cheese Quesadilla
- THURSDAY** Walking Nachos
- FRIDAY** Half Day/Early Dismissal Bag Lunches

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Nutrition Information is available upon request.



Middle School Lunch

Week 1 - Oct. 29 to Nov. 2, 2018

Our menus are aligned with the USDA's 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

Traditions offers protein, grains and vegetables to make a delicious home-style dish. Daily Special Listed.



- MONDAY** Teriyaki Chicken and Rice
- TUESDAY** Macaroni & Cheese w/ Dinner Roll
- WEDNESDAY** Salisbury Steak w/ Dinner Roll
- THURSDAY** Homemade Chicken Pot Pie
- FRIDAY** French Toast Sticks w/ Pork Sausage Patty

Daily Special/Everyday

Choice of sandwich (turkey or ham), salad or wrap. PB&J offered daily (though not listed). Freshly baked rolls offered daily with salad options.



- MONDAY** Chicken Caesar Wrap
Turkey & Cheese Sub
- TUESDAY** Buffalo Chicken Wrap
Chicken Caesar Salad
- WEDNESDAY** Buffalo Chicken Salad
Turkey & Cheese Wrap
- THURSDAY** Italian Wrap
Spanish Ham & Cheese Sub
- FRIDAY** Southwest Wrap
Fiesta Salad



Everyday Grill Choices

Cheeseburger & Crispy Chicken Sandwich offered daily. Chicken Nuggets offered Monday, Wednesday, & Friday. Daily Vegetarian Option is Grilled Cheese. Daily specials listed below.

- MONDAY** Rib B Que Sandwich
- TUESDAY** Chilly Philly Sub
- WEDNESDAY** Meatball Sub
- THURSDAY** Hot Dog
- FRIDAY** BBQ Smokehouse Flatbread



Everyday Choice

Fresh cheese & pepperoni pizza offered daily.

Daily Specialty Pizza listed.

- MONDAY** Mac & Cheese Pizza
- TUESDAY** Hand Tossed Italian Sausage Pizza
- WEDNESDAY** Hand Tossed Buffalo Chicken Pizza
- THURSDAY** Cheese Calzone
- FRIDAY** Margherita Pizza



Everyday Choice

Nachos or Soft Tacos offered daily. Pick your protein and toppings. Daily Special Listed.

- MONDAY** Enchilada Casserole
- TUESDAY** Walking Nachos
- WEDNESDAY** Chicken Quesadilla
- THURSDAY** Chicken Fajitas
- FRIDAY** Beef Quesadilla

This institution is an equal opportunity provider.

Nutrition Information is available upon request.

