September 2025 MIDDLE SCHOOL LO







For menus and nutrition info, visit MealViewer.com or download the app.
Click to go to the website.

MealViewer

Menus are subject to change!

We do our best to provide our customers with all our planned options, however occasionally weather, crops, and supplies have other ideas!

Daily Lunch Choices May Choose 1:

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches, PBJ Sandwich

Must Choose at least 1:*

Hot & Cold Vegetables Seasonal Fruit or Juice *(may choose up to 2 servings each of fruits & veggies with meal)

May Choose 1 Milk:

Low Fat White, Fat Free Chocolate, Fat Free Skim

☆A la carte Smart Snacks available for purchase☆

Monday	Tuesday	Wednesday	Thursday	Friday
No School – Labor Day LABOR DAY	Pasta & Beef Meatballs in Sauce with Roll Cheese or Pepperoni Pizza Caeser Grilled Chicken Wrap Sunshine Hummus Dipper Salad Choose: Steamed Corn Kernels House Mixed Side Salad	Boneless Wings & Dutch Waffle Macaroni & Cheese w/ Roll Caesar Grilled Chicken Salad Choose: Country Baked Beans Cucumber Dippers	Three Cheese Quesadilla Corn Dog w/ Onion Rings Italian Deli & Cheese Wrap Yogurt, Fruit & Granola Parfait Choose: Salsa Cup Steamed Broccoli Florets Romaine Side Salad	Cheese or Pepperoni Pizza Crispy or Spicy Breaded Chicken Sandwich Apple A Day Salad Plate Choose: Mashed Potato & Gravy Baby Carrot Dippers
Philly Beef & Cheese Sub Chicken Broccoli Penne Alfredo w/ Brazilian Roll Chef Salad Combo Choose: Crinkle Crispy Fries Carrot & Celery Dippers	Beef or Pork Taco w/ Yellow Rice or Cheesy Bread Caeser Grilled Chicken Wrap Yogurt, Fruit & Granola Parfait Choose: Marinara Sauce Cup Fiesta Refried Beans House Mixed Side Salad	Boneless Wings & Rings w/ Boom-Boom Sauce BBQ Pork Sandwich Greek Salad w/ Feta Cheese Choose: Steamed Broccoli Florets Cucumber Dippers	New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie Grilled Cheese Sandwich Deli Turkey & Cheese Wrap Caesar Grilled Chicken Salad Choose: Tomato Soup Romaine Side Salad	Cheese or Pepperoni Pizza Fish Sandwich Apple A Day Salad Plate Choose: Green Beans Baby Carrot Dippers
Chicken Drumstick w/ Mac & Cheese Grilled Hamburger or Cheeseburger on Bun Southwest Chicken Salad Choose: Sweet Potato Fries Carrot & Celery Dippers	BBQ Pork & Cheese Nachos Cheese or Pepperoni Pizza Caeser Grilled Chicken Wrap Sunshine Hummus Dipper Salad Choose: Santa Fe Black Beans House Mixed Side Salad	Beef Meatball Sub Boneless Wings Fry Basket w/ Buffalo Cheez-Its Crackers Caesar Grilled Chicken Salad Choose: Crinkle Crispy Fries Cucumber Dippers	18 Teriyaki Beef Dippers w/ Rice & Fortune Cookie Cheese Pizza Crunchers Deli Turkey-Ham Cheese Wrap Yogurt, Fruit & Granola Parfait Choose: Steamed Broccoli Florets Romaine Side Salad	No School for Students
Chicken Fajita & Queso Sub Pepperoni (beef) Calzone Chef Salad Combo Choose: Marinara Sauce Cup Deli Roasted Potatoes Carrot & Celery Dippers	Beef or Pork Taco w/ Yellow Rice Mozzarella Cheese Bites & Tuscan Sauce Caeser Grilled Chicken Wrap Yogurt, Fruit & Granola Parfait Choose: Fiesta Refried Beans House Mixed Side Salad	Popcorn Chicken Potato Bowl w/ Chicken Gravy Meat Lovers Stromboli Greek Salad w/ Feta Cheese Choose: Marinara Sauce Cup Steamed Corn Kernels Cucumber Dippers	25 Sliced Beef & Broccoli w/ Ramen Noodles Cheesy Bread Deli Turkey & Cheese Wrap Caesar Grilled Chicken Salad Choose: Marinara Sauce Steamed Broccoli Florets Romaine Side Salad	26 Cheese or Pepperoni Pizza Fish Sandwich Apple A Day Salad Plate Choose: Green Beans Baby Carrot Dippers
Tangerine Chicken w/ Rice & Fortune Cookie Grilled Hamburger or Cheeseburger on Bun Southwest Chicken Salad Choose: Sweet Potato Fries Carrot & Celery Dippers	Pasta & Beef Meatballs in Sauce w/ Roll Cheese or Pepperoni Pizza Caeser Grilled Chicken Wrap Sunshine Hummus Dipper Salad Choose: Steamed Corn Kernels House Mixed Side Salad			

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