



# September

# Middle School Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>DAILY LUNCH CHOICES:</b></p> <p><b>Choose 1:</b> Entrée.</p> <p><b>Must choose at least 1:</b></p> <p>Fruit or Vegetable (may choose up to 2 servings each of fruits &amp; veggies with their lunch meal)</p> <p><b>May Choose:</b> <b>1 Milk;</b></p> <p>Skim, Low Fat White, or Fat Free Chocolate.</p> <p><b>Available for lunch daily:</b></p> <p>Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot &amp; Cold Vegetable choices, Variety of Fruits (fresh or cupped) &amp; Juices</p>	<p><b>All Meals Include Milk &amp; Fruit Choices</b></p> 	<p><b>All menus are subject to change!</b></p> <p><b>We do our best to provide our customers with all of our planned options;</b></p> <p><b>If necessary, we may provide similar substitutions</b></p>	<p><b>1 CHOOSE ONE:</b> BBQ Pork Sandwich Tacho Chicken Platter w/ Biscuit Greek <b>or</b> Antipasto Salad Chicken Caesar Wrap <b>CHOOSE:</b> Broccoli Mixed Side Salad</p>	<p><b>2 CHOOSE ONE</b> Chicken Tinga Rice Bowl w/ Roll <b>or</b> Chicken Tinga Taco w/ Taco Set-up MeatLover Stromboli Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie <b>CHOOSE:</b> Corn Niblets ,*Marinara Cup Veggie Dippers</p>
<p><b>5</b></p>  <p><b>LABOR DAY—NO SCHOOL</b></p>	<p><b>6 CHOOSE ONE:</b> Cheeseburger on a Bun <b>or</b> Hamburger on a Bun Cherry Blossom Chicken Rice Bowl <b>or</b> Firecracker Chicken Rice Bowl Fruit &amp; Yogurt Parfait Ham &amp; Cheese Sandwich <b>CHOOSE:</b> Tator Tots ,*Romaine Side Salad</p>	<p><b>7 CHOOSE ONE:</b> Chicken Nuggets &amp; Fry Basket w/Roll Pasta w/Meat sauce &amp; Roll <b>or</b> Lasagna Rollup &amp; Roll Chicken BLT Salad Turkey Club Wrap <b>CHOOSE:</b> Mixed Veggie Medley Sliced Cucumbers</p>	<p><b>8 CHOOSE ONE</b> Popcorn Chicken Mashed Potato Gravy Bowl w/ Roll Cheezy Bread Greek <b>or</b> Antipasto Salad Chicken Caesar Wrap <b>CHOOSE:</b> Corn Niblets Mixed Side Salad</p>	<p><b>9 CHOOSE ONE</b> Corn Dog <b>or</b> Hot Dog on a Bun Chicken and Broccoli Alfredo w/ Roll Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie <b>CHOOSE:</b> Country Baked Beans Fresh Veggie Dippers</p>
<p><b>12 CHOOSE ONE:</b> Chicken &amp; Mini Waffles Cheesy Cavatappi Pasta w/ Roll Chicken Caesar Salad Spicy Chicken Wrap <b>CHOOSE:</b> Sweet Potato Fries Fresh Veggie Dippers</p>	<p><b>13 CHOOSE ONE:</b> Beef <b>or</b> Pork Tacos Chicken Sandwich Fruit &amp; Yogurt Parfait Ham &amp; Cheese Sandwich <b>CHOOSE:</b> Santa Fe Black Beans Romaine Side Salad</p>	<p><b>14 CHOOSE ONE:</b> General Tso's Chicken &amp; Rice Bowl Grilled Cheese <b>or</b> School Made Quesadilla Chicken BLT Salad Turkey Club Wrap <b>CHOOSE:</b> Crispy Fries Sliced Cucumbers</p>	<p><b>15 CHOOSE ONE:</b> BBQ Pork Sandwich Tacho Chicken Platter w/ Biscuit Greek <b>or</b> Antipasto Salad Chicken Caesar Wrap <b>CHOOSE:</b> Broccoli Mixed Side Salad</p>	<p><b>16 CHOOSE ONE</b> Chicken Tinga Rice Bowl w/ Roll <b>or</b> Chicken Tinga Taco w/ Taco Set-up MeatLover Stromboli Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie <b>CHOOSE:</b> Corn Niblets ,*Marinara Cup Veggie Dippers</p>
<p><b>19 CHOOSE ONE:</b> Mini Cheese Calzones BBQ Pork Nachos Chicken Caesar Salad Spicy Chicken Wrap <b>CHOOSE:</b> Broccoli Marinara Cup Fresh Veggie Dippers</p>	<p><b>20 CHOOSE ONE:</b> Cheeseburger on a Bun <b>or</b> Hamburger on a Bun Cherry Blossom Chicken Rice Bowl <b>or</b> Firecracker Chicken Rice Bowl Fruit &amp; Yogurt Parfait Ham &amp; Cheese Sandwich <b>CHOOSE:</b> Tator Tots ,*Romaine Side Salad</p>	<p><b>21 CHOOSE ONE:</b> Chicken Nuggets &amp; Fry Basket w/Roll Pasta w/Meat sauce &amp; Roll <b>or</b> Lasagna Rollup &amp; Roll Chicken BLT Salad Turkey Club Wrap <b>CHOOSE:</b> Mixed Veggie Medley Sliced Cucumbers</p>	<p><b>22 CHOOSE ONE</b> Popcorn Chicken Mashed Potato Gravy Bowl w/ Roll Cheezy Bread Greek <b>or</b> Antipasto Salad Chicken Caesar Wrap <b>CHOOSE:</b> Corn Niblets Mixed Side Salad</p>	<p><b>23 CHOOSE ONE</b> Corn Dog <b>or</b> Hot Dog on a Bun Chicken and Broccoli Alfredo w/ Roll Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie <b>CHOOSE:</b> Country Baked Beans Fresh Veggie Dippers</p>
<p><b>26 CHOOSE ONE:</b> Chicken &amp; Mini Waffles Cheesy Cavatappi Pasta w/ Roll Chicken Caesar Salad Spicy Chicken Wrap <b>CHOOSE:</b> Sweet Potato Fries Fresh Veggie Dippers</p>	<p><b>27 CHOOSE ONE:</b> Beef <b>or</b> Pork Tacos Chicken Sandwich Fruit &amp; Yogurt Parfait Ham &amp; Cheese Sandwich <b>CHOOSE:</b> Santa Fe Black Beans Romaine Side Salad</p>	<p><b>28 CHOOSE ONE:</b> General Tso's Chicken &amp; Rice Bowl Grilled Cheese <b>or</b> School Made Quesadilla Chicken BLT Salad Turkey Club Wrap <b>CHOOSE:</b> Crispy Fries Sliced Cucumbers</p>	<p><b>29 CHOOSE ONE:</b> BBQ Pork Sandwich Tacho Chicken Platter w/ Biscuit Greek <b>or</b> Antipasto Salad Chicken Caesar Wrap <b>CHOOSE:</b> Broccoli Mixed Side Salad</p>	<p><b>30 CHOOSE ONE</b> Chicken Tinga Rice Bowl w/ Roll <b>or</b> Chicken Tinga Taco w/ Taco Set-up MeatLover Stromboli Fruit &amp; Yogurt Plate Turkey &amp; Cheese Hoagie <b>CHOOSE:</b> Corn Niblets ,*Marinara Cup Veggie Dippers</p>

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