

AUGUST

MIDDLE SCHOOL LUNCH MENU

ENTREES OFFERED DAILY

Peanut Butter & Jelly Uncrustable (vg)
with *Cheese Stick* (v) or *Hummus* (vg) and
Crackers

Yogurt (v)
with *Granola* (vg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken Drumstick 24 with <i>Dinner Roll</i> Crispy Chicken Sandwich Fiesta Queso Mac 'n Cheese (v)* with <i>Dinner Roll</i> <i>Potato Wedges</i> <i>Chilled Mixed Fruit</i>	 Popcorn Chicken 25 with <i>Garlic Knot</i> Veggie Buffalo Bites (vg) with <i>Garlic Knot</i> Grilled Cheese Sandwich (v) <i>Sunshine Carrots</i> <i>Frosty Berries</i>	 General Tso's Chicken 26 with <i>Naan</i>  Butter Chicken with <i>Naan</i> Pizza Sticks (v)* <i>Steamed Broccoli</i> <i>Cran-Blueberry Salad</i>	 Nachos 27 with <i>Spicy Beef</i> or <i>Southwest Chicken</i> Cheese Quesadilla (v)* Beef & Bean Burrito  <i>Cilantro Lime Rice</i> <i>Seasoned Black Beans</i>	Cheese Pizza (v) 28 Supreme Pizza  Spaghetti & Meat Sauce with <i>Garlic Bread</i> <i>Kickin' Roasted Veggies</i> <i>Tossed Salad</i>

(v) Vegetarian Entrées
*May contain animal-derived rennet

(vg) Vegan Entrées

 Halal Certified

 Chef's Choice

Choose 3, 4, or all 5 of the offered food components:



Students must choose **at least 1/2 cup** of fruits or veggies.

There are **no pork products or byproducts** on this menu.

Menu subject to change based on product availability.

This institution is an equal opportunity provider.



SEPTEMBER

MIDDLE SCHOOL LUNCH MENU

ENTREES OFFERED DAILY

Peanut Butter & Jelly Uncrustable (vg)
with *Cheese Stick* (v) or *Hummus* (vg) and
Crackers

Yogurt (v)
with *Granola* (vg)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spicy Chicken Sandwich 31 Pizza Sticks (v)* Grilled Cheese Sandwich (v) <i>Curly Fries</i> <i>Tomato Basil Soup</i>	Popcorn Chicken 1 <i>with Dinner Roll</i> Pepperoni Pizza Chik'n Nuggets (vg) <i>with Dinner Roll</i> <i>Mashed Potatoes with Gravy</i> <i>Broccoli Cauliflower Toss</i>	Chicken Biscuit 2 French Toast Sticks (v) <i>with Turkey Sausage</i> Omelet (v) <i>with Biscuit</i> <i>Spiced Apples</i> <i>Chickpeas</i>	Nachos 3 <i>with Turkey Barbacoa</i> Nachos <i>with Spicy Beef</i> Pupusa (v) <i>Baked Plantains</i> <i>Curtido</i>	NO SCHOOL 4 Labor Day Weekend
NO SCHOOL 7 Labor Day	Popcorn Chicken 8 <i>with Garlic Knot</i> Veggie Buffalo Bites (vg) <i>with Garlic Knot</i> Sloppy Joes <i>Baked Beans</i> <i>Cilantro Lime Slaw</i>	Pizza Sticks (v)* 9 Honey Fire Chicken <i>with Cinnamon Bread</i> Grilled Cheese Sandwich (v) <i>Stir Fried Cabbage</i> <i>Chilled Pineapple</i>	Nachos 10 <i>with Spicy Beef or Southwest Chicken</i> Chicken & Cheese Empanadas Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Golden Corn</i>	Baked Ziti (v)* 11 <i>with Garlic Bread</i> Cheese Pizza (v) Detroit-Style Pepperoni Pizza <i>Parmesan Broccolini</i> <i>Greek Salad</i>
Boneless Wings 14 <i>with Hushpuppies</i> Chik'n Nuggets (vg) <i>with Hushpuppies</i> 3-Bean Chili (vg) <i>with Hushpuppies</i> <i>Sunshine Carrots</i> <i>Cilantro Lime Slaw</i>	Popcorn Chicken 15 <i>with Dinner Roll</i> Hamburger Cheeseburger Grilled Cheese Sandwich (v) <i>Mashed Potatoes</i> <i>House Salad</i>	Breakfast Pizza (v)* 16 French Toast Sticks (v) <i>with Egg Bites</i> (v) Bird Dog <i>Tri-Taters</i> <i>Tropical Fruit Salad</i>	Nachos 17 <i>with Spicy Beef or Southwest Chicken</i> Beef & Bean Burrito Pizza Boli Bites (v) <i>Baked Plantains</i> <i>Seasoned Pinto Beans</i>	Chicken Drumstick 18 <i>with Garlic Bread</i> Lasagna <i>with Garlic Bread</i> Pizza Sticks (v)* <i>Steamed Broccoli</i> <i>Spring Mix Salad</i>
NO SCHOOL 21 Yom Kippur	Popcorn Chicken 22 <i>with Garlic Knot</i> Veggie Buffalo Bites (vg) <i>with Dinner Roll</i> Grilled Cheese Sandwich (v) <i>Sunshine Carrots</i> <i>Frosty Berries</i>	General Tso's Chicken 23 <i>with Naan</i> Butter Chicken <i>with Naan</i> Pizza Sticks (v)* <i>Steamed Broccoli</i> <i>Cran-Blueberry Salad</i>	Nachos 24 <i>with Spicy Beef or Southwest Chicken</i> Beef & Bean Burrito Cheese Quesadilla (v)* <i>Cilantro Lime Rice</i> <i>Seasoned Black Beans</i>	Cheese Pizza (v) 25 Detroit-Style Pepperoni Pizza Spaghetti & Meat Sauce <i>with Garlic Bread</i> <i>Kickin' Roasted Veggies</i> <i>Frozen Fruit Cup</i>
Spicy Chicken Sandwich 28 Pizza Sticks (v)* Grilled Cheese Sandwich (v) <i>Curly Fries</i> <i>Tomato Basil Soup</i>	Popcorn Chicken 29 <i>with Dinner Roll</i> Pepperoni Pizza Chik'n Nuggets (vg) <i>with Dinner Roll</i> <i>Mashed Potatoes and Gravy</i> <i>Applesauce Cup</i>	Chicken Biscuit 30 French Toast Sticks (v) <i>with Turkey Sausage</i> Omelet (v) <i>with Biscuit</i> <i>Spiced Apples</i> <i>Chickpeas</i>	Nachos 1 <i>with Turkey Barbacoa</i> Nachos <i>with Spicy Beef</i> Pupusa (v) <i>Baked Plantains</i> <i>Curtido</i>	Chicken Tenders 2 <i>with Hushpuppies</i> Pizza Boli Bites (v) Falafel (vg) <i>with Pita or Hushpuppies</i> <i>Roasted Sweet Potatoes & Apples</i> <i>Tomato & Cucumber Salad</i>

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Chef's Choice



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