

## Middle School Lunch Menu

## November 2015

Monday	Carbs	Tuesday	Carbs	Wednesday	Carbs	Thursday	Carbs	Friday	Carbs
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
Macaroni & Cheese	31	Hot Dog	1	Cheeseburger	29	Cheese Quesadilla	40	Bosco Sticks	30
Romaine Salad	6	WG Bun	27	Sweet Corn	17	Broccoli	2	Red Dipping Sauce	14
Ranch Dressing	1	Potato Wedges	22	Black Bean Salsa	11	Refried Beans	20	Dragon Punch	13
Cherry Tomatoes	1	Chili	26	Diced Peaches	13	Orange Wedges	21	Apple Sauce	15
Green Grapes	15	Diced Tomatoes	2	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15
Milk (assorted)	15	Fruit Slushie	20						
		Milk (assorted)	15						
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
Orange Chicken	19	Cheese Sticks	33	Popcorn Chicken	16	Corn Dog Nuggets	22	Big Daddy Cheese Pizza	43
Brown Rice	35	Red Dipping Sauce	12	Smiley Potatoes	24	Fresh Spinach Salad	5	Cucumber Slices	0
Stir Fry Vegetables	6	Sweet Corn	9	Black Bean Salsa	11	Baked Beans	15	Baby Carrots	2.5
Baby Carrots	4	Craisins Strawberry	36	Diced Peaches	13	Golden Delicious Apple	22	Ranch Dressing	1
Fresh Pear	25	Milk (assorted)	15	Milk (assorted)	15	Milk (assorted)	15	Orange Wedges	21
Milk (assorted)	15							Milk (assorted)	15
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
Rotini Pasta	41	BBQ Rib	3	Chicken Patty	16	Chicken Wrap	35	Shrimp Poppers	22
Meatballs	5	WG Bun	27	WG Bun	26	Lettuce & Tomato Cup	3	Tarer Rounds	19
Spaghetti Sauce	14	Romaine Salad	3	Mashed Potatoes	17	Wango Mango Juice	13	Garbanzo Beans	10
Edamame	3	Ranch Dressing	1	Baby Carrots	8	Diced Peaches	17	Orange Juice	13
Raisels	26	Celery Sticks	1	Applesauce	15	Milk (assorted)	15	Milk (assorted)	15
Milk (assorted)	15	Mandarin Oranges	17	Milk (assorted)	15				
		Milk (assorted)	15						
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
<b>NO SCHOOL PARENT-TEACHER CONFERENCES</b>		<b>NO SCHOOL PARENT-TEACHER CONFERENCES</b>		<b>NO SCHOOL DAY OF NON-ATTENDANCE</b>		<b>NO SCHOOL THANKSGIVING BREAK</b>		<b>NO SCHOOL THANKSGIVING BREAK</b>	
<b>30</b>									
Corn Dog Nuggets	22								
Mashed Potatoes	17								
Black Beans	9								
Red Delicious Apple	22								
Milk (assorted)	15								

**Premium Option**  
New this year, on Wednesdays District 158 middle schools will offer an alternate, premium entrée featuring a larger portion and an extra side for \$3.00.

November 4	Carbs
Roast Turkey	0
Bread Sticks	13
Mashed Potatoes	17
Gravy	4
Green Beans	3
Apple Slices	8
Juice	15
Milk	15

November 11	Carbs
Baked Chicken	0
Bread Sticks	13
Mashed Potatoes	17
Gravy	4
Sweet Corn	17
Apple Slices	8
Juice	15
Milk	15

November 18	Carbs
Roast Pork	8
Bread Sticks	13
Mashed Potatoes	17
Gravy	4
Green Beans	3
Apple Slices	8
Juice	15
Milk	15

**Additional Entrée Choice:**

<b>Mon</b> Hot Dog	28
<b>Tue</b> Pizza	43
<b>Wed</b> Hamburger/Cheeseburger	32/33
<b>Thu</b> Chicken Nuggets	16
<b>Fri</b> Nachos Supreme	42

**Daily Alternate entrée Choices**

Chef's Salad with Turkey & Cheese 26g  
Cheese Sandwich on WG Bread 32g  
Yogurt Lunch 47g  
Turkey Sandwich on Gold Fish Bread 22.5g

**Prices**

Lunch \$2.70  
Milk \$.40

All meals served with choice of Milk  
& 1/2 cup 100% Fruit Juice (15)

Menu subject to change.  
Advance notice will be given when possible.

