

# Middle School Lunch Menu February 2017

| Monday  | Carbs | Tuesday  | Carbs | Wednesday  | Carbs | Thursday  | Carbs | Friday  | Carbs   |
|---|-------|--|-------|--|-------|---|-------|---|---|
|   |       |  |       | <b>1</b><br>Popcorn Chicken 16<br>BBQ Sauce 9<br>Sweet Potato Fries 19<br>Lima Beans 8<br>Chilled Pears 14<br>Milk (assorted) 15<br>Popcorn Chicken 16 |       | <b>2 **Fruit Gummy Day**</b><br>Taco in a Cup 44<br>Salsa 8<br>Fresh Spinach Salad 10<br>Craisins Strawberry 21<br>Milk (assorted) 15 |       | <b>3</b><br>Big Daddy Pepperoni Pizza 34<br>Cucumber Slices 0<br>Zucchini Slices 2<br>Ranch Dressing 8<br>Banana 29<br>Milk (assorted) 15 | <b>PREMIUM OPTION</b><br>An alternate premium entrée featuring a larger portion and an extra side for \$3.00.<br><br><b>February 1</b><br>Baked Chicken (0)<br>Bread Sticks (13)<br>Mashed Potatoes (17)<br>Gravy (4)<br>Sweet Corn (17)<br>Apple Slices (8)<br>Juice (15)<br>Milk (15)<br><br><b>February 8</b><br>Meatloaf (6)<br>Bread Sticks (13)<br>Mashed Potatoes (17)<br>Gravy (4)<br>Sweet Corn (17)<br>Apple Slices (8)<br>Juice (15)<br>Milk (15)<br><br><b>February 15</b><br>Baked Chicken (0)<br>Bread Sticks (13)<br>Mashed Potatoes (17)<br>Gravy (4)<br>Sweet Corn (17)<br>Apple Slices (8)<br>Juice (15)<br>Milk (15)<br><br><b>February 22</b><br>Italian Beef (0)<br>WG Bun (27)<br>Mashed Potatoes (17)<br>Gravy (4)<br>Sweet Corn (17)<br>Apple Slices (8)<br>Juice (15)<br>Milk (15) |
| <b>6</b><br>Macaroni & Cheese 31<br>Romaine Salad 3<br>Ranch Dressing 8<br>Cherry Tomatoes 2<br>Green Grapes 28<br>Milk (assorted) 15 |       | <b>7</b><br>Hot Dog 1<br>WG Bun 27<br>Potato Wedges 22<br>Chili 26<br>Diced Tomatoes 2<br>Fruit Slushie 20<br>Milk (assorted) 15                       |       | <b>8 **Fruit Gummy Day**</b><br>Cheeseburger 2<br>WG Bun 17<br>Sweet Corn 11<br>Black Bean Salsa 13<br>Diced Peaches 15<br>Milk (assorted) 15          |       | <b>9</b><br>Green Chili Quesadilla 32<br>Broccoli 1<br>Refried Beans 10<br>Orange Wedges 21<br>Milk (assorted) 15                     |       | <b>10</b><br>Bosco Sticks 30<br>Red Dipping Sauce 14<br>Dragon Punch 4<br>Applesauce 15<br>Milk (assorted) 15                             |   |
| <b>13</b><br>Orange Chicken 19<br>Rice 45<br>Cherry Tomatoes 2<br>Red Delicious 28<br>Fresh Spinach 10                                |       | <b>14 **Fruit Gummy Day**</b><br>Cheese Sticks 33<br>Red Dipping Sauce 12<br>Sweet Corn 17<br>Craisins Strawberry 28<br>Milk (assorted) 15             |       | <b>15</b><br>Popcorn Chicken 16<br>Smiley Potatoes 24<br>Edamame 9<br>Diced Peaches 13<br>Milk (assorted) 15   |       | <b>16</b><br><br><b>DAY OF<br/>NON ATTENDANCE<br/>NO SCHOOL</b>   |       | <b>17</b><br><br><b>DAY OF<br/>NON ATTENDANCE<br/>NO SCHOOL</b>   |   |
| <b>20</b><br><br><b>PRESIDENTS DAY<br/>NO SCHOOL</b>  |       | <b>21</b><br>Pancakes WG / Syrup 15/30<br>Sausage Patty 1<br>Romaine Salad / Ranch 3/8<br>Celery Sticks 1<br>Mandarin Oranges 17<br>Milk (assorted) 13 |       | <b>22</b><br>Chicken Patty 16<br>WG Bun 27<br>Mashed Potatoes 15<br>Baby Carrots 8<br>Applesauce 15<br>Milk (assorted) 15                              |       | <b>23</b><br>Chicken Wrap 35<br>Lettuce & Tomato Cup 3<br>Wango Mango Juice 13<br>Diced Peaches 17<br>Milk (assorted) 15              |       | <b>24</b><br>Shrimp Poppers 22<br>Tater Rounds 19<br>Garbanzo Beans 10<br>Orange Juice 13<br>Milk (assorted) 15                           |   |
| <b>27</b><br>Corn Dog Nuggets 22<br>Mashed Potatoes 15<br>Black Beans 18<br>Red Delicious Apple 28<br>Milk (assorted) 15              |       | <b>28 ** New Item **</b><br>Cheese French Bread 33<br>Red Dipping Sauce 14<br>Tater Rounds 19<br>Orange Wedges 21<br>Milk (assorted) 15                |       |  |       |   |       |   |   |

**Prices**

Lunch: \$2.75  
Milk: \$0.40

**Menu subject to change.**

Advance notice will be given when possible.  
When viewing menu online click any individual item to view full nutritional information.

**Disclaimer About Carbs**

The carbohydrate information provided is to the best of our knowledge by information received from the product manufacturer. Please note that food product substitutions made due to food shortages may alter the carbohydrate information indicated on the menu.

**Alternate Options**

|     |                        |       |                                    |    |
|-----|------------------------|-------|------------------------------------|----|
| Mon | Hot Dog                | 28    | Chef's Salad with Turkey & Cheese  | 26 |
| Tue | Pizza                  | 43    | Cheese Sandwich on WG Bread        | 32 |
| Wed | Hamburger/Cheeseburger | 32/33 | Yogurt Lunch                       | 47 |
| Thu | Chicken Nuggets        | 16    | Turkey Sandwich on Gold Fish Bread | 23 |
| Fri | Nachos Supreme         | 42    |                                    |    |