







# Middle School Lunch Menu

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>SPUDS BAR</b> <i>Today's Featured Selections</i> Baked Potato w/ Chili & Shredded Cheese* Seasoned Fresh Broccoli*	<b>ITALIAN BAR</b> <i>Today's Featured Selections</i> Penne Pasta & Italian Meat Sauce w/ Garlic Bread* Seasoned Mixed Vegetables*	<b>FIESTA BAR</b> <i>Today's Featured Selections</i> Taco Pie* Seasoned Corn*	<b>AMERICAN DINER BAR</b> <i>Today's Featured Selections</i> BBQ Pork & Whole Wheat Roll* Sweet Peas Sweet Potatoes*	<b>MOM'S MASHED POTATO BAR</b> <i>Today's Featured Selections</i> Pennsylvania Dutch Chicken Pot Pie Over Mashed Potatoes w/ Roll* Seasoned Mixed Vegetables*
 Lean Beef Burgers w/Cheese, Veggie Burgers & Breaded Chicken Sandwiches Available Daily	Buffalo Chicken Sliders Roma Herb Potato Wedges	Salsa Chicken Wrap Fresh Broccoli w/ Shredded Cheese	Cheese Steak Sandwich Oven Roasted Potato Fries	Breaded Chicken Tenders w/ Biscuit Mashed Sweet Potatoes	<b>Turkey Club Burger on a Whole Wheat Bun*</b> Seasoned Corn* Warm Fruit Crisp*
 Classic Cheese Pizza Made w/ Reduced Fat Cheese & Fresh Baked Daily	Pepperoni Pizza	Hawaiian Pizza*	3 Cheese Calzone	BBQ Chicken Pizza	Cheeseburger Flatbread
 Cold Sandwiches & Salads Made Fresh Your Way Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey & Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots	Made to Order SANDWICH Bar Special: <b>Chicken Caesar Wrap*</b> w/ Homemade Macaroni Salad*	Made to Order SANDWICH Bar Special: Neapolitan Hero w/ Balsamic Vinaigrette* & Vegetable Pasta Salad*	Made to Order SANDWICH Bar Special: Turkey & Swiss Ciabatta w/Dijon Mayo	Made to Order SANDWICH Bar Special: <b>Classic Chicken Salad on Whole Wheat w/ Lettuce &amp; Tomato</b>	Made to Order SANDWICH Bar Special: <b>Santa Fe Turkey and Cheddar Wrap</b>
 Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment	Grilled Turkey Reuben on Rye* Crunchy Spinach Salad	Monte Cristo Turkey & Ham Swiss Panini Veggie Crudités Cups	Toasted Saucy Italian Meatball Hero Caesar Romaine Side Salad w/ <b>Croutons</b>	Cobb Panini w/ Turkey, Cheddar & Bacon Tossed Salad w/ Light Dressing	<b>Toasted Ham &amp; Mozzarella on Whole Wheat*</b> Carrot Sticks
 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available	Macaroni Salad Crunchy Spinach Salad Chilled Pears Fresh Orange Wedges*	Caesar Romaine Side Salad w/ Croutons Chilled Pineapples* Veggie Crudités Cups Vegetable Pasta Salad	Chilled Pineapples* Apple Salad Made w/ Fresh Apples Caesar Romaine Side Salad w/ Croutons Celery Sticks	Tossed Salad w/ Ranch Dressing Petite Bananas* Chilled Fruit Carrot Sticks	Carrot Sticks Confetti Coleslaw Sweet Corn Salad Chilled Mixed Fruit

 Menu item is made w/ whole grain

 \*Menu item is offered with the complete daily Balanced Choices® Meal

# Middle School Lunch Menu

Week 1  
March 8 - 12

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p><b>ASIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Chicken Lo Mein w/Whole Grain Roll*</p> <p>Fresh Carrot &amp; Onions</p> <p>Steamed Broccoli</p>	<p><b>FIESTA BAR</b> <i>Today's Featured Selections:</i></p> <p>Macho Nachos w/ Mexican Meat, Cheese, Lettuce &amp; Tomato*</p> <p>Cilantro Lime Rice*</p> <p>Seasoned Corn*</p> <p>Southwest Beans</p>	<p><b>AMERICAN DINER BAR</b> <i>Today's Featured Selections:</i></p> <p>Creamy Herb Chicken Pasta</p> <p>Breadstick</p> <p>Steamed Broccoli</p>	<p><b>MOM'S MASHED POTATO BOWL BAR</b> <i>Today's Featured Selections:</i></p> <p>Meatloaf w/ Mashed Potatoes/Gravy &amp; Roll*</p> <p>Seasoned Peas*</p>	<p><b>ITALIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Chicken Broccoli Alfredo w/ Breadstick*</p> <p>Fresh Seasoned Green Beans*</p>
 <p>Lean Beef Burgers w/Cheese, Veggie Burgers &amp; Breaded Chicken Sandwiches Available Daily</p>	<p>Buffalo Chicken Sandwich*</p> <p>Oven Roasted Chicken Fries</p>	<p>Salsa Chicken Wrap*</p> <p>Fresh Broccoli w/ Shredded Cheese</p>	<p>Turkey &amp; Cheese Bagel Melt</p> <p>Cinnamony Sweet Potatoes</p>	<p>Meatball Sub</p> <p>Mashed Potatoes</p>	<p>Chicken Parm Wrap*</p> <p>Warm Baked Apple Slices</p>
 <p>Classic Cheese Pizza Made w/ Reduced Fat Cheese &amp; Fresh Baked Daily</p>	<p>Buffalo Chicken Pizza*</p>	<p>Whole Wheat Pizza Dunkers w/ Shredded Cheese &amp; Tomato Dipping Sauce</p>	<p>Broccoli &amp; Cheese Calzone w/ Tomato Dipping Sauce</p>	<p>Pepperoni Pizza</p>	<p>Philly Cheesesteak Pizza</p>
 <p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey &amp; Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef &amp; Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Neapolitan Hero w/ Balsamic Vinaigrette* &amp; Vegetable Pasta Salad*</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Little Italy Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey Club Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey &amp; Swiss Ciabatta w/Dijon Mustard</p>
 <p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment</p>	<p>Monte Cristo Turkey &amp; Ham Panini</p> <p>Tossed Salad w/ Light Dressing</p>	<p>Pressed Beef &amp; Bean Burrito</p> <p>Veggie Crudités Cups</p>	<p>Chicken Pesto Panini</p> <p>Confetti Coleslaw</p>	<p>Toasted Meatball Parm Sub</p> <p>Spinach Romaine Salad w/Strawberries</p>	<p>Turkey Swiss Flatbread</p> <p>Crunchy Spinach Salad</p>
 <p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Petite Bananas*</p> <p>Chilled Fruit</p> <p>Carrot Sticks</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pineapples*</p> <p>Veggie Crudités Cups</p> <p>Vegetable Pasta Salad</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Fresh Apples</p> <p>Chilled Fruit Crisp*</p> <p>Confetti Coleslaw</p> <p>Creamy Carrot Raisin Salad</p>	<p>Spinach Romaine Salad w/Strawberries</p> <p>Fresh Homemade Vegetable Pasta Salad</p> <p>Petite Bananas*</p> <p>Carrot Sticks</p> <p>Chilled Pears</p>	<p>Tossed Salad w/ Light Dressing*</p> <p>Fresh Orange Wedges*</p> <p>Creamy Carrot Raisin Pineapple Salad</p> <p>Crunchy Spinach Salad</p>

 Menu item is made w/ whole grain

 \*Menu item is offered with the complete daily Balanced Choices® Meal

# Middle School Lunch Menu

Week 2  
March 15 - 19

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk.

Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p><b>FIESTA BAR</b> <i>Today's Featured Selections:</i></p> <p>Warm Chicken Fajita Salad w/ Tortilla Shell Rounds*</p> <p>Seasoned Corn*</p>	<p><b>ASIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Chicken Lo Mein*</p> <p>Fresh Steamed Broccoli*</p>	<p><b>MOM's MASHED POTATO BOWL BAR</b> <i>Today's Featured Selections:</i></p> <p>Roast Turkey w/ Mashed Potatoes/ Gravy &amp; Wheat Roll*</p> <p>Glazed Carrots*</p>	<p><b>ITALIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Spaghetti w/ Italian Meat Sauce &amp; Garlic Bread*</p> <p>Seasoned Peas &amp; Carrots*</p>	<p><b>FIESTA BAR</b> <i>Today's Featured Selections:</i></p> <p>Chicken Tacos* w/ Cilantro Rice &amp; Salsa</p> <p>Mexican Corn*</p>
<p>Lean Beef Burgers w/Cheese, Veggie Burgers &amp; Breaded Chicken Sandwiches Available Daily</p>	<p><b>Hot Chili Burger w/ Monterey Jack on a Whole Wheat Bun</b></p> <p>Fresh Broccoli w/ Shredded Cheese</p>	<p><b>Whole Grain Breaded Chicken Corn Dog Nuggets w/ Biscuit</b></p> <p>Roasted Carrot Fries</p>	<p><b>Bacon Cheeseburger on a Whole Wheat Bun*</b></p> <p>Baked Potato*</p>	<p><b>Breaded Chicken Parm Sandwich on a Whole Wheat Bun</b></p> <p>Golden Corn</p>	<p><b>Western Breakfast Egg Wrap</b></p> <p>Oven Roasted Potato Fries</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese &amp; Fresh Baked Daily</p>	<p>Red Hot Chicken Pizza</p>	<p>Pizza Bagels</p>	<p>Hawaiian Pizza*</p>	<p>Mexican Pita Pizzas</p>	<p>Pizza Topped w/ Green Peppers</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: Whole Grain Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey &amp; Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Whole Grain Turkey Pita Pockets w/ Lettuce, Tomato &amp; Dill Mayo</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Parisian Ham &amp; Cheese Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Buffalo Chicken Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey Club Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef, Red Onion &amp; Spicy Tomato Mayo on Multigrain Bread* w/ Homemade Vegetable Pasta Salad*</p>
<p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment</p>	<p>Chicken Ranchero Wrap*</p> <p>Spinach Romaine Salad w/ Strawberries</p>	<p>Turkey Bacon Ranch Flatbread</p> <p>Carrot Sticks</p>	<p><b>Toasted Mozzarella &amp; Pepperoni on Whole Wheat w/ Tomato Dipping Sauce</b></p> <p>Caesar Romaine Side Salad w/ Croutons</p>	<p>Arizona Chicken Panini</p> <p>Tossed Salad w/ Light Dressing</p>	<p><b>Cheese Quesadillas w/ Fresh Salsa*</b></p> <p>Sweet Corn Salad</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Green Bean Salad</p> <p>Spinach Romaine Salad w/ Strawberries</p> <p>Chilled Mixed Fruit</p> <p>Fresh Orange Wedges*</p>	<p>Pinto or Kidney Bean Salad*</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p> <p>Pears*</p>	<p>Cucumber Citrus Salad</p> <p>Caesar Romaine Side Salad w/ Croutons</p> <p>Fresh Apples</p> <p>Chilled Peaches*</p>	<p>Celery w/Peanut Butter</p> <p>Tossed Salad w/ Light Dressing</p> <p>Petite Bananas*</p> <p>Chilled Fruit</p>	<p>Sweet Corn Salad</p> <p>Veggie Crudités Cups</p> <p>Tossed Salad w/ Light Dressing</p> <p>Cinnamon Applesauce*</p>



Menu item is made w/ whole grain

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Daily milk choices include skim white, 1% white, and 1% chocolate

Station	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Favorite Comfort Foods &amp; International Flavors Served Your Way in a Portable Bowl</p>	<p><b>FIESTA BAR</b> <i>Today's Featured Selections:</i></p> <p>Baked Potato Bar*</p> <p>Homemade Chili</p> <p>Fresh Steamed Broccoli</p>	<p><b>ASIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Warm Chicken Fajita Salad w/Tortilla Shell Rounds*</p> <p>Mexican Corn</p>	<p><b>ITALIAN BAR</b> <i>Today's Featured Selections:</i></p> <p>Baked ROTINI w/ Cheese*</p> <p>Fresh Seasoned Green Beans*</p> <p>Whole Grain Roll*</p>	<p><b>CAJUN BAR</b> <i>Today's Featured Selections:</i></p> <p>Chicken &amp; Ham Jambalaya over Cajun Brown Rice*, Breadstick</p> <p>Seasoned Corn*</p>	<p><b>AMERICAN DINER BAR</b> <i>Today's Featured Selections:</i></p> <p>Pork Carnitas w/ Rice Pilaf* &amp; Salsa Cornbread</p> <p>Two Tone Squash</p>
<p>Lean Beef Burgers w/Cheese, Veggie Burgers &amp; Breaded Chicken Sandwiches Available Daily</p>	<p><b>Whole Grain Chicken Nuggets*</b></p> <p>Roasted Corn w/ Red Pepper</p>	<p>Philly Cheese Steak on Roll</p> <p>Warm Baked Apple Slices</p>	<p>Jalapeno Swiss Burger</p> <p>Oven Roasted Potato Fries</p>	<p>Breaded Popcorn Chicken w/ <b>Toasted Garlic Bun</b></p> <p>Mashed Potatoes*</p>	<p><b>Greek Breaded Chicken Sandwich on a Whole Wheat Bun*</b></p> <p>Rice Pilaf</p>
<p>Classic Cheese Pizza Made w/ Reduced Fat Cheese &amp; Fresh Baked Daily</p>	<p>Pepperoni Pizza</p>	<p>Sausage Pizza</p>	<p>Buffalo Chicken Pizza*</p>	<p>Turkey &amp; Cheese Hot Pocket w/ Tomato Dipping Sauce</p>	<p>Margherita Flatbread</p>
<p>Cold Sandwiches &amp; Salads Made Fresh Your Way</p> <p>Available Daily: <b>Whole Grain Tortilla Wraps</b>, Rolls, and <b>Whole Wheat Bread</b> Turkey &amp; Ham American and Swiss Cheese Romaine/Romaine Lettuce, Tomato, Onions, Cucumbers &amp; Fresh Carrots</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Ham &amp; Cheese Sub</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Buffalo Chicken Salad on Whole Wheat</b></p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Turkey BLT Wrap</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: Roast Beef &amp; Swiss on Rye w/ Golden Honey Mustard</p>	<p>Made to Order SANDWICH Bar</p> <p>Special: <b>Santa Fe Turkey and Cheddar Wrap</b></p>
<p>Out of the Ordinary Delicious Hot Sandwiches, Quesadillas, Burritos and Wraps Get the Panini press or the Turbo- Fast Toasted Treatment</p>	<p>Grilled Turkey Reuben on Rye</p> <p>Confetti Coleslaw</p>	<p>Pressed Chicken &amp; Cheese Quesadillas</p> <p>Sweet Corn Salad</p>	<p>Toasted Stromboli Grinder</p> <p>Carrot Sticks</p>	<p>Pepperoni Pizza Panini</p> <p>Tossed Salad w/ Light Dressing</p>	<p><b>Toasted Ham &amp; Mozzarella on Whole Wheat*</b></p> <p>Pear Raisin Salad</p>
<p>Cold Fruit &amp; Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available</p>	<p>Petite Banana*</p> <p>Confetti Coleslaw</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Mandarin Oranges</p>	<p>Fresh Apples*</p> <p>Crunchy Spinach Salad</p> <p>Chilled Peaches</p> <p>Sweet Corn Salad</p>	<p>Chilled Pineapples*</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Carrot Sticks</p> <p>Sweet Chewy Raisins</p>	<p>Caesar Romaine Side Salad w/ Croutons</p> <p>Chilled Pears*</p> <p>Fresh Apple Salad</p> <p>Three Bean Salad</p>	<p>Chilled Applesauce*</p> <p>Fresh Orange Wedges</p> <p>Tossed Salad w/ Light Dressing*</p> <p>Pear Raisin Salad</p>

Menu item is made w/ whole grain

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