

September 2019 Lunch Menu -- Middle School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">2</p> <p>No School Labor Day</p>	<p style="text-align: center;">3</p> <p>Meat & Grain Spaghetti w/ Meatsauce Spicy Chicken Patty Cheeseburger Buffalo Salad w/ Roll</p> <p style="text-align: center;">Fresh Apple Broccoli</p>	<p style="text-align: center;">4</p> <p>Meat & Grain Cheese Enchiladas Bean & Cheese Burrito Cheeseburger American Sub Chef Salad w/ Roll Fresh Banana Mexican Beans</p>	<p style="text-align: center;">5</p> <p>Meat & Grain Meat Ball Sub Cheeseburger Chicken Sand Buffalo Chicken Salad w/ Roll Turkey Club Sub Fresh Oranges Seasoned Spinach</p>	<p style="text-align: center;">6</p> <p>Meat & Grain Orange Chicken w/ Brown Rice Cheeseburger Chicken Patty Sandwich Turkey Sub BLT Salad Chilled Applesauce Steamed Corn</p>
<p style="text-align: center;">9</p> <p>Meat & Grain Chicken Nugget w/Roll Cheeseburger Spicy Chicken Sand American Sub Chef Salad Bean & Cheese Burrito Chilled Applesauce Oven Baked Potato Tots</p>	<p style="text-align: center;">10</p> <p>Meat & Grain Rotini Pasta w/ Meatsauce Cheeseburger Chicken Burger Turkey & Cheese Sub Buffalo Chicken Salad Fresh Apple Green Beans</p>	<p style="text-align: center;">11</p> <p>Meat & Grain Cheese Enchiladas w/ Spanish Rice Corn Dog Chicken Burger American Sub Sandwich Chicken Cesare Salad Fresh Banana Black Beans</p>	<p style="text-align: center;">12</p> <p>Meat & Grain Chicken & Waffles Broiled Hot Dog on Bun Chicken Sandwich Italian Sub Buffalo Chicken Salad Fresh Oranges Steamed Spinach</p>	<p style="text-align: center;">13</p> <p>Meat & Grain Sesame Chicken w/ Brown Rice BBQ Riblet Chicken Patty Sandwich Turkey Sub Chef Salad Chilled Pears Steamed Broccoli</p>
<p style="text-align: center;">16</p> <p>Meat & Grain BBQ Turkey on a Bun w/ Potato Tots Cheeseburger Spicy Chicken Sand Turkey & Cheese Sub Crispy Chicken Salad Bean & Cheese Burrito Chilled Peaches Green Beans</p>	<p style="text-align: center;">17</p> <p>Meat & Grain Country Fried Steak w/ Potatoes & Gravy BBQ Riblet Chicken Sandwich Turkey Ham & Cheese Sub Crispy Chicken Salad Fresh Apple Golden Corn</p>	<p style="text-align: center;">18</p> <p>Meat & Grain Beefy Macaroni BBQ Turkey on a Bun Chicken Patty Sandwich Bean & Cheese Burrito Turkey & Cheese Sub Sandwich Chef Salad Fresh Banana Black Beans</p>	<p style="text-align: center;">19</p> <p>Meat & Grain Meatball Sub Cheeseburger BBQ Riblet Sandwich Corn Dog Italian Sub Crispy Chicken Salad Fresh Oranges Steamed Carrots</p>	<p style="text-align: center;">20</p> <p>Meat & Grain Chicken & Broccoli Teriyaki Stir Fry w/ Brown Rice Cheeseburger Chicken Sandwich Sub Sandwich Chef Salad Chilled Applesauce Steamed Broccoli</p>
<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Carrots / Fruit / Milk</u> 1% or Fat Free Milk	<u>Broccoli / Fruit / Milk</u> 1% or Fat Free Milk
<p style="text-align: center;">23</p> <p>Meat & Grain Chicken Nuggets BBQ Turkey Sandwich Chicken Sandwich Turkey & Cheese Sub Buffalo Chicken Salad Chilled Peaches Seasoned Carrots</p>	<p style="text-align: center;">24</p> <p>Meat & Grain Spaghetti w/ Meatsauce Cheeseburger Spicy Chicken Sandwich Turkey Ham & Cheese Sub Crispy Chicken Salad Fresh Apple Steamed Broccoli</p>	<p style="text-align: center;">25</p> <p>Meat & Grain Cheese Enchiladas Cheeseburger Spicy Chicken Sandwich Bean & Cheese Burrito Turkey & Cheese Sub Chicken Caesar Salad Fresh Banana Refried Beans</p>	<p style="text-align: center;">26</p> <p>Meat & Grain Chicken & Waffles Cheeseburger Chicken Sandwich Crispy Salad w/ Roll Italian Sub Fresh Oranges Carrot Coins</p>	<p style="text-align: center;">27</p> <p>Meat & Grain Country Fried Steak w/ Potatoes & Gravy Corn Dog Chicken Patty Sandwich Turkey Ham & Cheese Sub Chef Salad Chilled Applesauce Seasoned Corn</p>
<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk
<p style="text-align: center;">30</p> <p>Meat & Grain Chicken Nuggets W/ Roll BBQ Turkey on Bun Chicken Sandwich Turkey & Cheese Sub Buffalo Chicken Salad Chilled Peaches Green Beans</p>	<p style="text-align: center;">Reduced \$.40 Full Paid \$3.10 Adult Meals \$3.75</p> <p style="text-align: center;">1% White Fat Free White Fat Free Chocolate</p>	<p>Students must Choose 3 out of the 5 Meal Components. One of The 3 Components Selected. MUST Be Fruit and or a Vegetable</p>	<p style="text-align: center;">Daily</p> <p style="text-align: center;">Cheese or Pepperoni Pizza</p> <p style="text-align: center;">Sunbutter & Jelly Sandwich w/ String Cheese</p>	<p style="text-align: center;">Monday Meatless Nachos</p> <p style="text-align: center;">Tuesday – Thursday Super Nachos</p> <p style="text-align: center;">Friday Meatless Nachos Refried</p>
<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk	<u>Vegetable / Fruit / Milk</u> 1% or Fat Free Milk