



## Middle School



**Milk**  
1%  
Fat free

**Fruit**  
Assorted Fresh Fruit  
Fruit cup

**OFFERED DAILY:**

**Sandwiches**  
Peanut Butter & Jelly  
Cheese Sandwich

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**1 Free Lunch Per Student Per Day**  
**Menu Subject to Change**



1

2

Chicken Nuggets  
Roasted Zucchini  
Sweet Dinner Roll

Pizza  
Garden Green Salad

5

6

7

8

9

Baked Ziti  
Steamed Broccoli  
WG Dinner Roll

Chicken Poppers  
Green Beans  
Cookie Treat

Hamburger  
on a whole Grain Bun  
Sweet Potato Fries

Cheese Quesadilla  
Hot Black Bean & Corn

Pizza  
Hot Chickpea Pesto

12

13

14

15

16

Homemade  
Grilled Cheese  
Baby Carrots

Crispy Chicken Tenders  
Green Beans  
Sunchips

Spaghetti and Meatball  
Texas Toast  
Steamed Broccoli

*Brunch for lunch*  
Breaded Chicken Patty  
Waffles  
Tater Tots  
Syrup

Pizza  
Garden Green Salad

19

20

21

22

23

Baked Mozzarella Stick  
Served with  
Marinara Sauce  
Zucchini

Teriyaki Chicken  
Brown Rice  
Green Beans

Taco's  
Served with  
Black Beans  
Lettuce, Salsa & Cheese  
Baked Scoops

BBQ Grilled Chicken  
Served on a WG Bun  
Corn

Pizza  
Roasted Carrots

26

27

28

29

30

School Closed

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