



LOWER/MIDDLE SCHOOL LUNCH MENU

FEBRUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Entrée: Grilled Pork Chops Wild Rice Steamed Broccoli Brown Gravy Fresh Fruit Mix-It-Up Meal: Chicken Tenders	Entrée: Chicken Wings (Buffalo/ BBQ/ Ranch) Waffle Fries Celery and Carrots Fresh Fruit Mix-It-Up Meal: Grilled Cheese Sandwich	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
6	7	8	9	10
Parent/Teacher Conference Day No School	Entrée: Orange Chicken w/ Steamed Rice Edamame Egg Roll Mandarin Oranges Mix-It-Up Meal: Steak Fingers	Entrée: Beef, Cheese or Spinach Ravioli Italian Blend Veggies Breadsticks Fresh Fruit Mix-It-Up Meal: Chicken Nuggets	Entrée: Brunch For Lunch Pancakes or Waffles Bacon or Sausage Hash Browns Fresh Fruit Mix-It-Up Meal: Corn Dog	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
13	14	15	16	17
Entrée: Spaghetti w/ Meatballs Italian Blend Veggies Breadsticks Fresh Fruit Mix-It-Up Meal: Hot Dog	Entrée: Beef Tacos (Crispy or Soft) Black Beans Spanish Rice Fresh Fruit Mix-It-Up Meal: Grilled Cheese Sandwich	Entrée: Oven Baked Chicken Buttered Orzo Green Beans Fresh Fruit Mix-It-Up Meal: Hamburger	Entrée: Build Your Own Salad Choose a Soup Fresh Fruit Mix-It-Up Meal: Chicken Tenders	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
20	21	22	23	24
Presidents' Day Holiday No School	Entrée: Salisbury Steak w/ Brown Gravy Mashed Potatoes Peas and Carrots Fresh Fruit Mix-It-Up Meal: Chicken Nuggets	Entrée: Baked Ziti Garden Salad Steamed Broccoli Fresh Fruit Mix-It-Up Meal: Fish Nuggets	Entrée: Chicken Pot Pie Au Gratin Potatoes Steamed Vegetables Fresh Fruit Mix-It-Up Meal: Meatball Sub	Entrée: Cheese or Pepperoni Pizza Garlic Pasta Garden Salad Fresh Fruit
27	28			
Entrée: Chicken Parmesan Buttered Pasta Green Beans Fresh Fruit Mix-It-Up Meal: Steak Fingers	Entrée: Pizza Panini Mac and Cheese Mixed Vegetables Fresh Fruit Mix-It-Up Meal: BBQ Sandwich			

MIX-IT-UP MEAL SIDES
(SERVED DAILY)

SANDWICH SHOP
(SIDES SAME AS MIX-IT-UP MEAL)

SALAD/SOUP MEAL
(SOUP AVAILABLE DAILY)

A LA CARTE
(SERVED DAILY)

MEAL PRICES

Carrot/Cucumber Sticks	MONDAY: Turkey and Swiss	MONDAY: Crispy Chicken Caesar	Fresh Fruit	K - 4 th	\$4.85
Steamed Veggies	TUESDAY: Tuna Salad	TUESDAY: Pasta Salad	Fruit Cups	5 th - 8 th	\$5.95
Baked French Fries	WEDNESDAY: Caesar Wrap	WEDNESDAY: Santa Fé Salad	Cheese Stick		
Fresh Fruit	THURSDAY: Chicken Club	THURSDAY: Chef Salad	Baked Chips		
	FRIDAY: Hot Ham and Cheddar	FRIDAY: Grilled Chicken Greek Salad	Yogurt Parfait		

BAKED POTATOES AVAILABLE DAILY (Toppings include: Bacon Bits, Cheddar Cheese, Sour Cream and Chives)