

Middle School 2019-20 Menu Cycle

Complete Meal Price \$3.00

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	<p>Special To Be Announced Baked Chicken Tenders WG RF Wild Mike’s Ultimate Pizza Slice</p>	<p>Chicago Style Eisenberg All Beef, All Natural Hot Dog on a WG Bun Chicken Fried Rice WG RF French Bread Pizza Fruit and Yogurt Parfait</p>	<p>WG Pasta w/ Italian RF Meat Sauce, Garlic Bread Tyson Baked Chicken Nuggets WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips Baked Popcorn Chicken WG RF Pizza Fruit and Yogurt Parfait</p>	<p>Special To Be Announced Tyson Baked Breaded Chicken Patty on a WG Bun WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>
B	<p>Special To Be Announced Baked Chicken Tenders WG RF Wild Mike’s Ultimate Pizza Slice</p>	<p>RF All Beef, All Natural Hamburger/Cheeseburger on a WG Bun General Tso Chicken w/Rice WG RF French Bread Pizza Fruit and Yogurt Parfait</p>	<p>WG RF Wild Mike’s Cheesy Bites w/ Marinara Sauce Tyson Baked Chicken Nuggets WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips Baked Popcorn Chicken WG RF Pizza Fruit and Yogurt Parfait</p>	<p>Specials To Be Announced Crispy Chicken Wings (Garlic Parmesan OR Buffalo) WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>
C	<p>Special To Be Announced Baked Chicken Tenders WG RF Wild Mike’s Ultimate Pizza Slice</p>	<p>Mongolian Beef over Yakisoba Noodles WG RF French Bread Pizza Cheddar Stuffed Pretzel Bosco Sticks Fruit and Yogurt Parfait</p>	<p>WG Pasta w/ Italian RF Meat Sauce, Garlic Bread Tyson Baked Chicken Nuggets WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips Baked Popcorn Chicken WG RF Pizza Fruit and Yogurt Parfait</p>	<p>Specials To Be Announced Tyson Baked Hot and Spicy Chicken Patty on a WG Bun WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>

To see which weeks “A,” “B,” or “C” foods are served; please refer to the “Cycle Calendar”.

RF— Reduced Fat Item **WG**— Whole Grain Item Bread Option* is either a whole grain roll, breadstick or warm pretzel Sausage** chicken product

We feature locally grown produce.
Check your Cafeteria for details about the farm and farm family the featured fruits and vegetables came from.

OFFERED DAILY

Delicious Freshly Prepared Sandwiches
served on Whole Grain Breads, Rolls and Wraps

Entrée Salad Specials

Peanut Butter and Jelly Uncrustable Sandwich

Bagel and All Natural Yogurt Lunch

Fresh Fruit and Vegetable Side Choices

1% and Skim rBST Free Milk Choices

HEALTHY FOODS and GOOD NUTRITION
are always on our menu!

We serve freshly prepared foods and ...

- ❖ RF (reduced-fat) baked entrées
- ❖ zero trans fat products
- ❖ low-fat cheese pizzas with WG (whole grain) crusts
- ❖ WG (whole grain) pasta, breads, rolls and buns
- ❖ whole white meat chicken products
- ❖ a variety of fresh fruits and vegetables with all meals

Menu subject to change

