

Middle School 2018-19 Menu Cycle

Complete Meal Price \$2.95

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A	<p>Special To Be Announced</p> <p>Tyson Baked Chicken Tenders</p> <p>WG RF Wild Mike's Ultimate Pizza Slice</p>	<p>Chicago Style Eisenberg All Beef, All Natural Hot Dog on a WG Bun</p> <p>Chicken Fried Rice w/ Egg Roll</p> <p>WG RF French Bread Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>WG Pasta w/ Italian RF Meat Sauce, Garlic Bread</p> <p>Tyson Baked Chicken Nuggets</p> <p>WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips</p> <p>Baked Popcorn Chicken</p> <p>WG RF Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>Special To Be Announced</p> <p>Tyson Baked Breaded Chicken Patty on a WG Bun</p> <p>WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>
B	<p>Special To Be Announced</p> <p>Tyson Baked Chicken Tenders</p> <p>WG RF Wild Mike's Ultimate Pizza Slice</p>	<p>RF All Beef, All Natural Hamburger/Cheeseburger on a WG Bun</p> <p>Chicken Fajitas on WG Flat Bread</p> <p>WG RF French Bread Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>WG RF Wild Mike's Cheesy Bites w/ Marinara Sauce</p> <p>Tyson Baked Chicken Nuggets</p> <p>WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips</p> <p>Baked Popcorn Chicken</p> <p>WG RF Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>Specials To Be Announced</p> <p>WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>
C	<p>Special To Be Announced</p> <p>Tyson Baked Chicken Tenders</p> <p>WG RF Wild Mike's Ultimate Pizza Slice</p>	<p>Special To Be Announced</p> <p>WG RF French Bread Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>WG Pasta w/ Italian RF Meat Sauce, Garlic Bread</p> <p>Tyson Baked Chicken Nuggets</p> <p>WG RF Deep Dish Pizza</p>	<p>RF Beef Taco Nachos w/ WG Tortilla Chips</p> <p>Baked Popcorn Chicken</p> <p>WG RF Pizza</p> <p>Fruit and Yogurt Parfait</p>	<p>Specials To Be Announced</p> <p>Tyson Baked Hot and Spicy Chicken Patty on a WG Bun</p> <p>WG Bosco Cheese Bread Sticks w/ Marinara Sauce</p>

To see which weeks "A," "B," or "C" foods are served, please see cycle calendar.

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...*

-  zero trans fat products and **RF** (reduced-fat) baked entrées
-  Reduced sugar and no high fructose 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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.