

Broughal Middle School

January 2019



Secondary Lunch Prices:
Full: \$2.85
Reduced: \$0.40

V Indicates Vegetarian Option

Fruit & Yogurt Parfait Bar **V** Available Daily

Our Made-to-Order Parfait Bar includes fresh yogurt and a variety of fruit options topped with healthy whole grain granola

FAVORITES

	1 NO SCHOOL	2 NO SCHOOL	3 Chicken & Cheese Taquitos w/ Salsa Red Pepper Strips	4 Grilled Ham & Cheese Pretzel Melt Sandwich Sweet Potato Wedges
7 V Quesadilla Bar (Cheese or Chicken & Cheese) w/ Salsa Steamed Carrots	8 Buffalo Chicken Bites w/ Pretzel Bites Steamed Corn	9 Pasta w/ Meat Sauce Served w/ Warm Garlic Breadstick Steamed Green Beans	10 Nachos Supreme Refried Beans	11 Cheese Steak Sandwich Carrot Snack Pack
14 V Cheesy Stuffed Breadsticks w/ Marinara Celery Sticks	15 Breaded Chicken Drumstick w/ Biscuit & Side of Buffalo Dipping Sauce Steamed Corn	16 Macaroni & Cheese V with Dinner Roll Sweet Red Pepper Strips	17 Twin Tacos Southwest Black Beans	18 Sweet & Sour Chicken served over Brown Rice Steamed Carrots
21 NO SCHOOL	22 Meatball Parm Sub Baked Beans	23 V Baked Ziti with Warm Garlic Breadstick Steamed Green Beans	24 Turkey Carnita Bowl w/ Cilantro Lime Rice Citrus Glazed Carrots	25 Crispy Chicken Bowl with Mashed Potatoes, Corn, Gravy and Dinner Roll
28 V Grilled Cheese Sandwich served w/ Tomato Soup Sweet Red Pepper Strips	29 Cheesy BBQ Chicken Loaded Tots served w/ Biscuit Southwest Black Beans	30 Chicken Broccoli Alfredo Mac served w/ Dinner Roll Steamed Green Beans	31 Chicken Tenders & Mini Maple Waffles w/ Syrup Cherry Tomatoes	

SIDES

OFFERED DAILY:

Fresh Garden Side Salad plus Fresh Fruit and Fruit Cup in an inviting variety
Baked French Fries offered Tuesdays & Thursdays 100% Juice offered daily. LIMIT ONE JUICE.
1% White Milk or Fat Free White, Fat Free Chocolate or Fat Free Strawberry Milk
Locally Grown items are offered whenever seasonally available

FAST TAKES

Offered Daily:

*PB & Jelly Sandwich **V**

Offering a variety of Premade Sandwiches & Entrée Salads Daily

All Salads Come w/ WG Roll

GRILL

EVERYDAY CHOICES

Cheeseburger, Hamburger, Chicken Patty & Spicy Chicken Patty

Monday: Chicken Tenders w/ Roll

Tuesday: Bacon Cheeseburger

Wednesday: Mozzarella sticks w/ Marinara **V**

Thursday: Chicken Bacon Ranch Sandwich

Friday: Beef Hot Dog

PIZZA

Cheese Pizza offered Daily **V**

Monday- Sausage Pizza

Tuesday- Pepperoni Pizza

Wednesday- Meat Lover's Pizza

Thursday- Buffalo Chicken Pizza

Friday- Chicken Bacon Ranch Pizza

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

A variety of Vegetarian options available daily.

We are proud to offer chicken products that are 100% natural, contain NO artificial ingredients and contain NO antibiotics ever!

USDA is an equal opportunity provider and employer.