

CRA & HMS Middle School March 9th – 13th

Our menus are aligned with the USDA's
"Healthier US School Challenge."



DAILY SPECIALS

MONDAY	Breakfast for Lunch (Pancakes or Waffles w/Scrambled Eggs, Sausage and Tater Tots)
TUESDAY	Chili & Frito Chips
WEDNESDAY	Cheesy Breadsticks w/Marinara Sauce V
THURSDAY	Popcorn Chicken Bowl w/WG Roll
FRIDAY	Alfredo Mac & Cheese V



EVERYDAY CHOICES

Chef Salad, Caesar Salad, Sunbutter Sandwich, Ham & Cheese Sub, American Sub offered Daily

THIS WEEK'S DAILY SPECIALS

MONDAY	Protein Pak – Caesar Wrap
TUESDAY	Italian Sub – South West Wrap
WEDNESDAY	Chicken Taco Salad – Chilly Philly
THURSDAY	Crispy Chicken Salad or Wrap
FRIDAY	Triple Decker Club – Chicken Bacon Wrap



This Week's Feature:



Built the way you like it!

Choose From: Popcorn Chicken, Meatballs or Unbreaded Chicken Strips
Top with Your Favorite Sauce such as Teriyaki, Orange, Sweet & Sour or General Tso's Sauce. **V**

EVERYDAY SIDES: *Chinese Noodles and Rice*



SP V

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES
Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety
Locally Grown items are offered whenever seasonally available
Low Fat or Fat Free Milk included with all meals



EVERYDAY CHOICES

Pepperoni & Cheese **V**
Made Fresh Daily.

THIS WEEK'S DAILY SPECIALS

MONDAY	BBQ Chicken V SP
TUESDAY	Margherita V SP
WEDNESDAY	Italian Stromboli
THURSDAY	Chicken Bacon Ranch
FRIDAY	Sausage



EVERYDAY CHOICES

Beef Patty, **V**
Chicken & Vegetarian Choices

THIS WEEK'S DAILY SPECIALS

MONDAY	Grilled Cheese Sandwich
TUESDAY	Corn Dog
WEDNESDAY	Chicken Nuggets
THURSDAY	Hot Dog
FRIDAY	Buffalo Chicken



Vegetarian



Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

