

TRSD Middle School

Feb 1st, 2019

Our menus are aligned with the USDA's Healthier U.S. School Challenge.
Menu is subject to change.



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 Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cinnamon Rolls/
Ham & Cheese on English Muffin



Daily Special



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Alfredo Pasta
Garlicky Green Beans



Daily Special

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sunflower Butter & Jelly Sandwich/Spicy Chicken Salad



This Week's Feature:



Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Sunflower Butter & Jelly Sandwich-(V)-offered daily
Hot/Cold Cheese Sandwich- (V)-offered daily
Deli Bar-Build Your Own

Menu available online*

V Vegetarian

SP 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.

Nutrition Information is available upon request.



TRSD Middle School

Feb 4th - Feb 8th, 2019

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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 Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	WW French Toast Sticks w/ Sausage Patty Ham & Cheese on English Muffin	V
TUESDAY	Asst. Fruit Muffin Sausage & Cheese Biscuit	V
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	Biscuit w/ Country Gravy Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls/ Ham & Cheese on English Muffin	V

Daily Special



MONDAY	Bean & Cheese Enchilada w/ Roasted Corn	V
TUESDAY	Nachos (bean/chicken/beef)	V
WEDNESDAY	Salisbury Steak Mashed Potatoes w/ WW Roll	V
THURSDAY	Warm Tomato Soup w/ Cheesy Bread Sticks	V
FRIDAY	Beef Lasagna / Pizza Caesar Salad	



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



This Week's Feature:



Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Sunflower Butter & Jelly Sandwich-(V) - offered daily
Hot/Cold Cheese Sandwich- (V) -offered daily
Deli Bar-Build Your Own

Menu available online*

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TRSD Middle School

Feb 11th - Feb 15th, 2019

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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 Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	Pancake Bites w/ Sausage Patty Ham & Cheese on English Muffin	V
TUESDAY	Oatmeal Bar Sausage & Cheese Biscuit	V
WEDNESDAY	French Toast Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	Cheesy Scrambled Egg & Toast Sausage & Cheese Biscuit	V
FRIDAY	Cinnamon Rolls Ham & Cheese on English Muffin	V

Daily Special

2/12/2019-Heart Healthy Month Promotion!

2/14/2019-Happy Valentine's Day!



MONDAY	Mini Cheese Ravioli w/ WW Bread Stick Caesar Salad	V
TUESDAY	Nachos (cheese/bean/chicken/beef)	V
WEDNESDAY	Cheesy Bread Sticks w/ Marinara Spinach Salad	V
THURSDAY	BBQ Chicken Drumstick w/ WW Roll Cheesy mashed Potatoes	V
FRIDAY	Macaroni & Queso / Pizza Garlicky Green Beans	V



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	Sunflower Butter & Jelly Sandwich/ Spicy Chicken Salad



This Week's Feature:



Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Sunflower Butter & Jelly Sandwich-(V)- offered daily
Hot/Cold Cheese Sandwich- (V) -offered daily
Deli Bar-Build Your Own

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TRSD Middle School

Feb 18th - Feb 22nd, 2019

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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 Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY

TUESDAY

Apple Pocket
Sausage & Cheese Biscuit

V

WEDNESDAY

Pancake Bar w/ Fruit Compote & Toppings
Ham & Cheese on English Muffin

V

THURSDAY

Biscuit w/ Country Gravy
Sausage & Cheese Biscuit

FRIDAY

Cinnamon Rolls
Ham & Cheese on English Muffin

V

Daily Special

2/18/2019-President's Day!



MONDAY

TUESDAY

Nachos (cheese/bean/chicken/beef)

V

WEDNESDAY

Turkey Gravy w/ Mashed Potatoes & WW Roll

THURSDAY

Meatball Sub w/Green Peas

FRIDAY

Spaghetti & Meat Sauce / Pizza
Caesar Salad



Daily Special

MONDAY

TUESDAY

Ham & Cheese Sub/
Spicy Chicken Salad

WEDNESDAY

Italian Sub/
Chicken Caesar Salad

THURSDAY

American Sub/
Taco Salad

FRIDAY

Sunflower Butter & Jelly Sandwich/
Spicy Chicken Salad



This Week's Feature:



Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Hot/Cold Cheese Sandwich- (V) -offered daily
Deli Bar-Build Your Own

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TRSD Middle School

Feb 25th - Feb 28th, 2019

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Everyday Choice

*Bagel w/ Cream Cheese
Grab & Go Breakfast*



MONDAY	Pancake & Sausage Breakfast on a Stick w/ Syrup Ham & Cheese on English Muffin	
TUESDAY	Ham & Cheese Breakfast Burrito w/Salsa Sausage & Cheese Biscuit	
WEDNESDAY	Waffle Bar w/ Fruit Compote & Toppings Ham & Cheese on English Muffin	V
THURSDAY	Ultimate Breakfast Round Sausage & Cheese Biscuit	V
FRIDAY		V

Daily Special



MONDAY	Chicken Chile Verde Burrito Mexican Black Bean	
TUESDAY	Nachos (cheese/bean/chicken/beef)	V
WEDNESDAY	Beef Stroganoff w/ Caesar Salad	
THURSDAY	Popcorn Chicken Bowl w/ WW Roll	
FRIDAY		



Daily Special

MONDAY	Turkey & Cheese Sub/ Chef's Salad
TUESDAY	Ham & Cheese Sub/ Spicy Chicken Salad
WEDNESDAY	Italian Sub/ Chicken Caesar Salad
THURSDAY	American Sub/ Taco Salad
FRIDAY	



This Week's Feature:



Cheeseburger/Hamburger-offered daily
Spicy Chicken Sandwich-offered daily
Chicken Patty Sandwich-offered daily
Sunflower Butter & Jelly Sandwich- (V)- offered daily
Hot/Cold Cheese Sandwich- (V)-offered daily
Deli Bar-Build Your Own

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