

## Middle Schools DYK Lunch Menu

January 21-25, 2019

*Students must select 3 out of 5 meal components. One of the 3 components selected **"MUST"** be a fruit or Vegetable*



**Available Daily**  
**Sunbutter & Jelly Sandwich**  
**Turkey & Cheese Sandwich**  
*(All Sandwiches are served on Whole Wheat Bread, Roll, or Tortilla)*

### THIS WEEK'S DAILY SPECIALS

- Monday** –
- Tuesday** –Tuna Salad Sandwich
- Wednesday** –Buffalo Chicken Wrap
- Thursday**- American Sub Sandwich
- Friday**- Ham & Cheese Flatbread



### Daily Special

**Monday**

No School Martin Luther King Jr. Day

**Tuesday**

Chicken & Noodles WW roll

**Wednesday**

BBQ Pulled Pork on WW Bun

**Thursday**

Pizza Pasta

**Friday**

Meatball Sub



**FIESTA CREATIONS STATION:**  
**Choice Of Nachos or Daily Entrée Special**



- Monday** –
- Tuesday** –Antipasto Salad WW Roll
- Wednesday** – Buffalo Chicken Salad WW Roll
- Thursday** – Hummus Box Salad
- Friday** – Crispy Chicken Salad WW Roll

Available Daily: Chef Salad



**THIS WEEK'S DAILY SPECIAL'S** Available Daily: Cheese Pizza or Pepperoni Pizza

- Monday** –
- Tuesday** –Sausage Pizza
- Wednesday** – Buffalo Chicken Pizza
- Thursday** –BBQ Chicken Pizza
- Friday** –Supreme Pizza

*(All Pizza's are prepared on Whole Grain Pizza Crust)*



**THIS WEEK'S DAILY SPECIAL'S**  
*(All Sandwiches are served on Whole Wheat Buns)*

- Monday** –
  - Tuesday** – Corn dog
  - Wednesday** – BBQ Bacon Cheeseburger
  - Thursday** – Hot Dog on Bun
  - Friday**- BBQ Bacon Burger
- Hamburger, Cheeseburger, Spicy Chicken Patty Sandwich, & WG Chicken Patty Sandwich Offered Daily**